

HIT THE NEW YEAR RUNNING!

3 hour elite runner or charity jogger – we can help you

- Advice on trainers
- Biomechanical assessment
- Video analysis of running technique
- Sports massage
- Injury recovery and avoidance
- Advice on gym work

This will optimise your performance, prevent injury and ensure that you are fully prepared for the big run.



NEWS

We have enjoyed a very busy year at our Battersea and Chelsea clinics and our team continues to grow!

We have been joined by Alexandre Long, a physiotherapist with a background in acute trauma and the treatment of ski injuries.

To our consulting rooms we welcome Dr. Gregoire Chick, a leading hand and wrist orthopaedic consultant and Dr. Anne de Laromiguiere who specialises in nutritional medicine.

See our website
www.physio4all.com for further information

TREAT SOMEONE (OR YOURSELF) TO A THERAPEUTIC MASSAGE

Physio for All now offers therapeutic and sports massage in both Chelsea and Battersea and home visits are available.



Therapeutic massage can loosen tight muscles, calm the nervous system, increase circulation and give you an excellent sense of well being.

Sports massage therapy involves using remedial massage, a deep massage therapy used in conjunction with muscle energy techniques for those who suffer from muscle stiffness or aches and pains. Sports therapy is ideal for

- Enhancing your training
- Back and neck ache
- Strains and sprains
- Repetitive Strain Injury (RSI)

Our new home visit service is available – just call to book

PHYSIO FOR ALL
Physiotherapy for the whole family

sports injuries • back problems • baby and childrens clinic • womens health • podiatry

PREPARE YOURSELF FOR THE SLOPES



FIT TO SKI CLASSES ARE BACK!

Whatever your level, be a ski champion on the slopes this season with intensive training to increase strength, endurance, core stability and flexibility specifically for skiing.

- Build strength
- Improve technique
- Improve proprioception
- Advice on skis, bindings and footwear

The Physio for All SKI-FIT programme includes:

- Individual assessment
- Group classes
- Tailored circuit class or private 1:1 training

All fitness levels are catered for and classes are conducted by a physiotherapist. The classes will also include education on pre-season preparation and injury management.

To enrol or find out more please call us.

HOW TO BE SKI-WISE AND AVOID INJURY?

- **Start your 'get fit to ski'** programme, ideally 6-8 weeks before you go on holiday. Power, endurance, flexibility and agility will pay dividends once you are on the slopes. Join our ski-fit class!
- **Build endurance:** thighs, buttocks, core stabilisers and triceps. Running, cycling, twisting, stair climbing, racket sports are good for you.
- **Warm-up and stretch** the thigh, calf and arm muscles before you hit the slopes.. Start with easy runs to loosen up!
- **You feel tired?** Stop! Have a rest. Fatigue lead to injuries.
- **Cool down and stretch** after skiing, to release tension and loosen up.
- **Dn't overdo the partying** and never ski when inebriated! You will be a danger to yourself and others. Eat high energy giving carbohydrates and low fat food.
- **Properly adjusted ski bindings** by professionals, who will consider your level of skiing, height and weight. Boots and poles are equally important. Your friend's or friend's skis might not be appropriate to you!
- **Cold and damp?** Ensure your equipment and clothing (layers) is appropriate to the conditions.
- **Ski in control** and follow the F.I S code on piste.

PHYSIO FOR ALL

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@ Battersea

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DOES YOUR BABY OR TODDLER SUFFER FROM CHEST INFECTIONS?

- blocked nose
- breathing is noisy
- not feeding well
- coughing at night
- possible fever

If so, see your doctor who can recommend the appropriate medication and physiotherapy.



How can Physiotherapy help?

Our specialist physiotherapists can loosen and clear the mucus from the bronchioles using a special technique and provoking an effective cough. This loosens the chest, encouraging a better breathing pattern and therefore allowing the air back into the smaller airways.

The physiotherapists may also use saline, (salt water) to clean the baby's nose. A mouche bebe (special type of nasal aspirator) may also be used to extract the mucus. If your doctor has prescribed a bronchodilator spray, the physiotherapist can check you are using this correctly.

Once the air passages have been cleared your baby will feed and sleep better and so will you!

- **RICE regime** if you are the unlucky injured: Rest Ice Compress and Elevate the injured part

For musculoskeletal injuries early physiotherapy treatment will give you the quickest recovery.