

welcome...

Welcome to the first edition of the Newquay osteopath's newsletter. We hope to provide some general useful snippets of information to help reduce your risk of injury and promote recovery. It's also quite a nice platform to introduce you to some of the staff you haven't met and let you know what sort of services we provide and what conditions we treat. Please feel free to email us with any comments or suggestions for future articles and we will do our best to answer any queries or include ideas.

- Danny Emery

treatment: shockwave therapy

In 2019 we acquired a shockwave machine. Shockwave therapy (or Extracorporeal Shock Wave Therapy), is a clinically proven and highly effective treatment for long standing (chronic) soft tissue injuries and has been in widespread use in the NHS for a number of years. It is an acoustic wave which carries high energy to painful areas. It stimulates a natural inflammatory response which increases the blood

circulation promoting healing in the tissues and allowing the body's own inherent healing processes to heal the area.



Its helpful in such conditions as:

- Achilles tendonitis
- Plantar fasciitis/heel pain
- Tennis elbow/golfers' elbow
- Patellar tendonitis
- Quadriceps tendonitis
- Iliotibial band friction syndrome (ITBFS)
- Trochanteric hip pain
- Other tendon problems

These problems are typically hard to treat and shockwave may prevent the need for surgery. It has a success rate of up to 70-80%. Dependant on the extent and duration of your injury you may need up to 5-6 sessions. For more information please visit our website or give us a call.

[All details can be found at the footer of each page. Please feel free to contact.](#)

lifestyle: gardening

Summer has arrived and it's the perfect time to get back out into the garden. Spending time gardening is a great way to get some physical exercise and can also help improve mental health

Tips to help you stay injury free:

Warm up! A brisk 5 minute walk before gardening will help to increase heart rate and warm up your muscles helping to reduce the risk of injury.

Take regular breaks. Gardening can be physically exerting so it is important not to overdo it. Alternatively swap between gardening tasks to exercise different muscle groups.



Use of gardening aids e.g. kneeling pads, long handled trowels and benches for potting up are a good way of avoiding back problems from bending over all the time.

Try to avoid lifting heavy objects.

Wheelbarrows and trolleys

are a great help. If the lifting is

unavoidable then make sure to bend

your knees maintaining your natural spinal curves and keep the object close to your body.

After you're finished be sure to stretch your muscles.

Being outdoors is a brilliant way to relax and enjoy some sunshine (hopefully!) allowing you to absorb Vitamin D which is required to keep your bones strong. It can also bring a great sense of achievement and joy when the garden blooms.

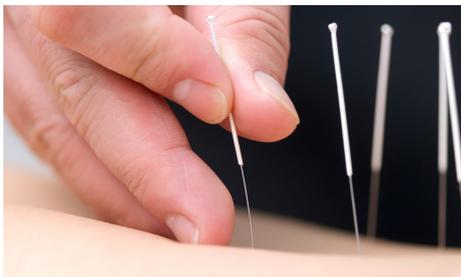
- Bethany Alston

practitioner:



Francis Rock

Francis Rock is our Traditional Chinese medicine practitioner, utilising acupuncture and Chinese herbs for treating various conditions.



Traditional Chinese Medicine and Acupuncture has an excellent track record in helping couples who are having difficulties in conceiving achieve their goal of not only conceiving but also having a healthy baby.

Francis has spent over 14 years

treating women's health issues from endometriosis, PCOS and other cycle abnormalities using acupuncture and Chinese herbal formulas in order to normalize and ultimately have healthy babies as an end result. For those undergoing ART procedures such as IVF, support treatments with acupuncture can help improve outcomes considerably.

research:

Injury management

Forget RICE, soft tissue injuries simply need PEACE & LOVE! Muscles, tendons, and ligaments are the soft tissues in the body that are most commonly injured. For many years the RICE (Rest Ice Compression Elevation) acronym has guided care.

From immediate care (PEACE) to subsequent management (LOVE), PEACE & LOVE outlines the importance of physical and psychosocial factors in recovery.

P: Protect Avoid activities that increase pain during the first few days after injury. Rest should be minimised as prolonged rest can compromise tissue strength and quality. **E: Elevate** Elevate the limb

higher than the heart to promote interstitial fluid flow out of the tissue.

A: Avoid anti-inflammatory modalities Anti-inflammatory medications may potentially be detrimental for long-term tissue healing. **C: Compress** External mechanical pressure using taping or bandages helps to limit intra-articular edema and tissue hemorrhage. **E: Educate** Therapists should educate patients on the benefits of an active approach to recovery.

After the first days have passed, soft tissues need LOVE. **L: Load** An active approach with movement and exercise benefits most patients with musculoskeletal disorders. Mechanical stress should be added early, and normal activities resumed as soon as symptoms allow. Optimal loading without exacerbating pain promotes repair, remodeling and building tissue tolerance and capacity of tendons, muscles, and ligaments. **O: Optimism** The brain plays a key role in rehabilitation interventions. Psychological factors such as fear can represent barriers to recovery, while optimism can enhance the likelihood of optimal recovery. **V: Vascularisation** Pain-free physical activity should be started a few days after injury to increase blood flow to the injured structures. **E: Exercise** Exercises will help to restore mobility, strength, and proprioception early after injury.