



Physiotherapy & sports injury clinics

## Clinic Newsletter

January 2005

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For more clinic information  
please visit our website at

[www.jwphysiotherapy.co.uk](http://www.jwphysiotherapy.co.uk)

### Happy New Year!

Welcome to the first edition of our clinic newsletter. We hope to bring you information about clinic services and events and also important information about health issues.

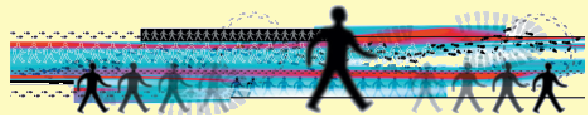
We wish all our clients and neighbours a very happy and healthy New Year. If this is the year when you intend to follow through your healthy living resolutions, we can help. If old injuries are stopping you exercising then come and talk to our chartered physiotherapists. If your feet need treatment before you start your exercise programme then visit our registered chiropodist / podiatrist.



Many unresolved health problems respond well to complementary therapies. We offer clinical aromatherapy, homeopathy, reflexology and a counselling service. Contact the clinic for more information or an appointment.

### 10,000 Steps to Health

[www.feetforlife.org](http://www.feetforlife.org)



Last year saw the launch of a major national campaign by the Society of Chiropodists and Podiatrists to promote walking as part of a healthy lifestyle and raise awareness of foot health in the UK. Walking is a form of exercise that not only keeps you fit, but also reduces the incidence of heart disease, diabetes and stroke – by up to a half – and helps you live a longer and healthier life.

Kirsty Hodge (our clinic podiatrist), family and friends took part in the campaign, which involved using a pedometer and measuring the number of steps taken in the course of one day. The aim was to achieve 10,000 steps per day. That was the 2004 campaign, so how about a personal walking plan for 2005? Just 10,000 steps a day for better health. Let us know how you get on.

(If you have any injuries, aches or pains, which may be preventing you from undertaking a walking programme, then make an appointment with one of our chartered physiotherapists.)

### Chartered Physiotherapists

Jean Winning

Fiona Grant

Karen Grant

Susan MacDonald



Also available at: 66 Murrayfield Avenue, Edinburgh, EH12 6AY



### Clinical Reflexology

Helen Watt



NHS Approved

### Clinical Aromatherapy

Ann McKechnie

Try Clinical Aromatherapy or Swedish Massage and feel the difference!



Registered Homeopath



Jan Schyma

Safe, effective remedies for your health problems

### Clinic News



Jan Schyma, our clinic homeopath, who has just graduated with an MSc Complementary Medicine from Queen Margaret University College. Jan is one of the few people to have a degree in this growing field. Her specialist study was menopause. She now hopes to go on to do further research into the ways that homeopathy can help

to improve our health in later life. As we live longer, so we need to find ways of improving health and well being so that retirement is a happy, productive time of life.



Welcome to the newest member of the team of therapists working at the clinic. Linda Dodgson has joined us to offer a counselling service.

Congratulations to

### Help!

**Question:** I'm bothered by mouth ulcers – what can I do?  
**Answer:** Often a sign that you're run down, so take care of your general health. Limit spicy and acidic foods and smoking. Rinse your mouth with a warm, salt solution. Vitamin B complex may help too.

**Question:** My son is worrying about school and exams.  
**Answer:** This is a common problem and your help and understanding can make a big difference. Try to find out if there are specific problems. Rescue Remedy is often very helpful to reduce anxiety and get young people through difficult times. Your son should take four drops in his mouth before a stressful event, or put the same amount in a bottle of water to be sipped during the day.

**Question:** I keep going over on my ankle and can't play football.  
**Answer:** Repeated spraining of ligaments can overstretch them, making the ankle unstable. Specific exercises to improve muscle strength and balance are important and sometimes an ankle support is needed – a chartered physiotherapist can assess your conditions and advise on treatment.

### Watch our window

Jan New Year Resolutions  
Feb Love!  
Mar Put a Spring in Your Step

### Health Tip

Your headache may be due to dehydration – drink lots of water and you may not need those painkillers.

### Counsellor

Linda Dodgson

RGN RMN BSc Dip Couns

[www.lindadodgson.co.uk](http://www.lindadodgson.co.uk)

### Registered Chiropodist (Podiatrist)

Kirsty Hodge

Comprehensive footcare service.

Practice accredited by the Society of Chiropodists and Podiatrists.

