



Physiotherapy & sports injury clinics Clinic Newsletter

27 High Street, South Queensferry
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Spring 2005, Issue 2

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Watch our Window

- April Arthritis
- May Asthma, Allergies
- June Osteoporosis, Diabetes
- July Holidays

For more clinic information please visit:

www.jwphysiotherapy.co.uk

Chartered Physiotherapists

Jean Winning
Fiona Grant
Karen Grant
Susan MacDonald



Our first profile of a JW team member –Jean Winning herself!

I first came to Scotland to train as a



physiotherapist in Aberdeen. It was 20 years before I was to return again; In the interim I went back to Africa and spent six years in South Africa in Durban where my two girls were born. As a family we then moved back to Zimbabwe, where my parents had lived since emigrating in 1957 from Cheshire, to what was then Southern Rhodesia. I think I have inherited some of my father's pioneering spirit.

Seven years working in African hospitals and my own clinic in Zimbabwe has proved to be invaluable experience to bring to my work in Edinburgh. In 1986 I joined the NHS Chalmers Hospital then moved to the Bupa Murrayfield Hospital. Eventually I developed my own practice in West Edinburgh and 4 years ago opened an additional clinic in South Queensferry, which has now become the headquarters of JW Physiotherapy & Sports Injury clinics. The JW Clinic has

become a place where people seem to enjoy visiting and know they will get a warm welcome and an extremely professional and holistic approach to their problems. I also feel fortunate to have chosen physiotherapy as my career and it is the 'icing on the cake' to make people feel better in such a pleasant environment. I have now lived in Queensferry for 10 years; I play golf at Dundas, belong to QBA, am involved in local radio during Ferry Fair, and a supporter of several local events.

Did You Know?

Keeping fit can help back pain.

Research has shown that people that are fitter are less likely to experience back pain and if they do get it then they will recover more quickly. These people were not doing any specific back exercises, just a general fitness programme. So now there is no excuse....



Smoking is linked to back pain.

Strange but true. Unfortunately this is yet another nail in the coffin for smokers. The link is all down to circulation and blood flow; blood is what feeds the structures in the body and helps to remove inflammation if there have been any problems. Smokers' circulation tends to be poorer due to the arterial clogging that occurs so this will affect the body's ability to recover. Smokers are also likely to be less fit.....see above.

Treatment information - Acupuncture

Acupuncture is safe and virtually painless. It works naturally with little or no side effects and stimulates the body to heal itself. Special needles are inserted into specific points on the body, along meridians (lines of energy).

"Acupuncture relieved my headache and neck pain so I sleep much better and feel more relaxed." SM

"Nothing made a difference for my tennis-elbow but acupuncture really helped." JM

"Acupuncture eased the pain and stiffness of my arthritic knee and I am now back on the golf course." WP

For more information and recent research please visit the Acupuncture Association of Chartered Physiotherapists website at: www.aacp.uk.com/



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Registered Chiropodist (Podiatrist)



Accredited by the
Society of Chiropodists
and Podiatrists

Kirsty Hodge

Clinical Aromatherapist

Ann McKechnie

Try Clinical Aromatherapy or
Swedish Massage
and feel the
difference!



Registered Homeopath



Jan Schyma

Safe, effective
remedies for your
health problems

Spring is Here!

This means
that people
start to look
at their
gardens
again.



Gardening is good for
you.... as long as you
are prepared. We often
assume that a winter in
front of the TV will
mean that our bodies
are in perfect condition
to spend the weekend
in the garden! Just as
you should not attempt
a marathon without
doing some training,
you should also
consider your own
fitness and flexibility

before starting any
activities you have
not done for a
while.

- Stretch before going out.
- Pace yourself.
- Vary activities, weed for no longer than 20 min and then do something completely different, which does not involve bending.
- Try not to squeeze everything into the weekend, be realistic, even if the weather

forecast is poor. It is
better to have a pain
free back and a few
more weeds than be
sore and not be able
to go out.

- Save laying the patio until you are fitter and have some help. Use a trolley to move slabs. Just because you can lift them doesn't mean you should!

Clinic News

Kirsty Hodge, our
Chiropodist has now
started an additional
clinic on a Thursday.
For workers, late night
appointments are still
available on Mondays.

Help!

Question: When I work at my
computer I get pain and tingling
in my arm. What
should I do?

Answer:

We often sit badly
at our computers.



This places the neck into a
position that can pinch on the
nerves that travel into the arms,
causing your symptoms.
Physiotherapy can alleviate
these symptoms and you will be
advised on better posture.

Question: I am a diabetic, why
do I have to see a Chiropodist?

Answer: If you have diabetes it
is important that you have your
feet checked at least once a
year. A Chiropodist is in a
position to give you appropriate
advice and treatment. Your foot
is checked to assess the risk of
developing complications, for
example a foot ulcer. Please
visit: www.diabetes.org.uk/

Products available to buy – CCS Foot Care Cream

With the better weather coming soon, it is
important to keep moisturising your feet.

The CCS Foot Care Cream is extremely effective for
the treatment of dry skin and cracked heels.
It is hypoallergenic, lanolin-free, and suitable for all
skin types, including diabetics.



The creams are available in a 60ml Tube, 90ml Pot, and 175ml Tube.

Clinical Reflexology Helen Watt



NHS Approved

Counsellor

Linda Dodgson

RGN RMN BSc Dip Couns

www.lindadodgson.co.uk

Health Tip - Hay Fever

Try some aromatherapy
oils to help relieve the
symptoms of hay fever.
Put a few drops of
essential oils of *Lavender*,
Eucalyptus, *Basil* and
Chamomile on a tissue
and inhale. This will help
calm a runny nose and
help boost the immune
system. These oils can
also be used in a burner.