



27 High Street, South Queensferry
66 Murrayfield Avenue, Edinburgh

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Issue 5

Clinic News

Here at the JW clinic we have just celebrated our 5th birthday and wish to thank everyone who attended our open day in May. The day was a great success and Jean, Fiona and all the staff look forward to the next five years!

New Staff - We have great pleasure in announcing new members to the JW clinic at South Queensferry. Anne Cross has joined the team as a Nutritional Therapist, Elaine Thompson as a Personal Trainer & Sports Massage Practitioner and Moira Duncan will be consulting in Stress Management. Our new Chiroprapist / Podiatrist, Louise Muir will also be offering a Saturday service. If you require any more information about our new therapists please contact the clinic.

Well Done Karen Grant!

Well done to physiotherapist Karen Grant, who has passed a postgraduate training course in injection therapy. No mean feat with three children! Injection of joints and soft tissues has traditionally been done by doctors, however for the past few years physiotherapists with postgraduate orthopaedic qualifications can train in injection therapy. This allows Karen to inject into joints and soft tissues, for example in the treatment of frozen shoulder, tennis elbow and tendonitis, which is a useful addition to her skills as a physiotherapist; she currently uses the injection therapy, working with an orthopaedic consultant in the NHS.

Chartered Physiotherapists

Jean Winning
Fiona Grant
Karen Grant
Susan McDonald



Watch our Window

Sept	Women's Health Eczema
Oct	Breast Cancer Awareness Walk to School
Nov	Preparation for Winter
Dec	Christmas

Walk to School Month - October

'Walk to School' is an exciting national campaign inviting parents, pupils and teachers to incorporate regular physical activity into their daily lives by walking to and from school whenever possible.

So the JW clinic are happy to promote this worthwhile campaign by holding a competition to see who has completed the most steps to and from school between Mon 2nd and Fri 6th October. If you are a pupil, parent (or teacher!) pickup your 'Walk to School Pack', which includes a pedometer. The winner will be the person who has walked the most steps and will have the chance to come down to the clinic, meet the staff and pick up their prize.

Staff Profile

Kirsty Hodge - Podiatrist



Kirsty Hodge is our resident Podiatrist and is on hand to treat foot problems of all kinds.

"I was born in Lanark and brought up on a farm in a small village nearby, but at the age of seventeen moved to

Edinburgh to begin my training at Queen Margaret University College.

"I qualified with a degree in Podiatry in 1997, and moved to Boston to work with South Lincolnshire NHS. After gaining valuable clinical experience, I returned to Scotland and spent the next seven years managing a varied NHS caseload in Lanarkshire. In 1999, the year I married Alasdair, I started offering house visits in the South Queensferry area.

"Having grown a regular caseload of domiciliary patients, I was also keen to offer a clinic based service. Around this time, 2001, JW opened on the High Street; I didn't hesitate to join the team and haven't looked back!

"Five years have passed and I now work full time in the South Queensferry area. I enjoy the opportunity to meet people and help them with their foot problems. I am always keen to adapt my skills or learn new ones and my varied caseload continually provides fresh challenges. There is a strong multi-disciplinary team at the JW clinic and I am very pleased to be a part of it.

"I still have time to enjoy the social side of life too, meeting up with friends, going to the gym (sometimes!), walking, camping holidays and even motorcycling around Scotland with Alasdair."



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Treatment Information

Nutritional Medicine

Nutritional Medicine uses foods, supplementary nutrients and cleansing procedures to alleviate and prevent health problems thus improving health and vitality. Conditions which can be helped include: allergies, arthritis, asthma, diabetes, digestive problems, headaches, hormonal problems, low energy and fatigue, PMT, skin conditions, weight problems ... and much more. Good nutrition can help us be healthy in an unhealthy environment, fight off disease and improve energy and enthusiasm for life.

"I found Nutritional Therapy very beneficial. Detoxing, eating fresh and whole foods has given me more energy, I feel less bloated and my sinus problems have improved immensely." MC

"After making changes to my diet and taking some supplements, I lost weight, my energy and mood increased and my skin improved dramatically." AF

"I would say that I have never felt so good in myself for a long time. Infections clear quickly, I have lost 2 stone and my bloating, fluid retention and PMT symptoms have greatly reduced." HB

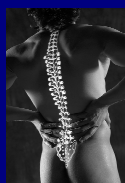
Health Tip

If you have to take antibiotics, take some probiotic ("friendly bacteria") supplements at the same time and for a period afterwards as antibiotics destroy the friendly gut bacteria, which promote health.

Q & A

Question: Why do we need Essential Fatty Acids (EFAs) in our diet?

Answer: EFAs are not made in our body and we have to obtain them from the food that we eat. They are vital for our health and well being. We need EFAs for the health of our immune system, hormonal system, skin, heart and circulatory system, brain development and function and they also reduce pain and inflammation in our body. EFAs are found in oily fish, nuts and seeds and their cold pressed oils and avocado.



Back Pain in the Workplace

Back pain affects all industries, not just a few high-risk sectors. In 2003/04 an estimated 4.9 million working days were lost due to back pain caused or made worse by work.

Injury Prevention

Are you using the correct techniques when warming up before exercise? You must get your propulsive force from your ankles, not from your knees and hips. New evidence from *The Physician and Sports Medicine* suggests that stretching immediately before exercise does not prevent acute injuries. But a long term stretching a programme can promote muscle growth and prevent a loss of flexibility. What better way to achieve top fitness and prevent injury?

Study Proves Acupuncture Can Aid Neck Pain and Stiffness

A recent review of several studies into the clinical effectiveness of acupuncture shows that the technique is effective in helping sufferers of neck pain. The review found people who received acupuncture reported better pain relief immediately after treatment than those who received dummy treatments. (*The Scotsman*, 19th Jul 06)

Also offering professional consultations in:

- Chiropody / Podiatry
- Clinical Aromatherapy, Swedish Massage & Indian Head Massage
- Clinical Reflexology
- Homeopathy
- Herbal Medicine
- Nutritional Medicine
- Stress Management
- Sports Massage
- Personal Training

www.jwphysiotherapy.co.uk