



Clinic News

At last signs of spring are here and the long winter months will soon be a distant memory. It's now time for us to put a spring in our step, get outdoors and pick up on our daily exercise and sports. Hopefully our newsletter will give you lots of encouragement and tips to get you feeling fitter and healthy again.

The JW clinic wants to welcome our newest member of the team **Morag Hight**; she will be offering a **Counselling** service and can be contacted at the clinic for more information.

Green Ferry recently awarded the JW clinic an award for contribution and commitment to improve the environment in and around South Queensferry.

Evening Workshop

'Stress Reduction For Spring'

Monday 23<sup>rd</sup> April 6.30pm – 9.30pm

Come along for an informative evening workshop on Stress! Learn how to reduce stress levels through Nutrition and a variety of Stress Reduction Techniques. We aim to provide an interesting evening to help you unwind and deal with stress in your everyday life.

With Anne Cross, Nutritional Therapist (BSc) and Moira Duncan, Stress Management Adviser (CQSW, Dip Stress Mgmt). £30 including refreshments, for more information contact the clinic or to book a place please phone 07981 944 722 or 0131 539 5989.

Chartered Physiotherapists

- Jean Winning
- Fiona Grant
- Karen Grant
- Susan McDonald

Members of the Organisation of Chartered Physiotherapists in Private Practice

Watch our Window

- April Rambling
- May Allergies and Gardening
- Jun Foot Health Week
- Homeopathy Week
- Jul Pregnancy

Amy's a Winner!  
Walk to School Competition

Well done to Amy Connolly (8) from St Margaret's Primary School for winning our 'Walk to School' Competition. We ran this competition in conjunction with the national campaign to encourage children to walk to school.

Over 60 packs were given away to children from local primaries and it was Amy who managed to walk an amazing 89,517 steps in one week. Well done Amy, keep the walking up and hope you enjoyed your trip to Deep Sea World!

Staff Profile

Ann McKechnie, Clinical Aromatherapist

I have been the Clinical Aromatherapist in the South Queensferry Clinic for the past four years. I came to live in Linlithgow 14 years ago with my husband and two sons from Barrhead, near Glasgow. For 7 years I worked part time in St.Michael's Parish Church Office in Linlithgow while my two boys were growing up. When my youngest son went to University and lived away from home it was time for me to do something a bit different.



I have always had an interest in Aromatherapy so in August 2001 started my studies at the College of Commerce in Glasgow. Being a mature student was quite daunting but I really enjoyed the classes! The course included Anatomy, Physiology, Swedish Massage and Clinical Aromatherapy. It was all fascinating, especially learning how Essential Oils work within the body and mind. In September 2002 I gained a Diploma with Merit in Clinical Aromatherapy (including Swedish Massage), which is recognised by Embody, the Professional body of the Complementary Therapists Association (CThA).

I work in a room that has beautiful views of the River Forth and the Rail Bridge; it is absolutely perfect for an aromatherapy massage, peaceful and calm. After their treatment, I know that my clients leave refreshed, relaxed, uplifted and feeling so much better than when they came in – it's a truly holistic experience! This makes my job very rewarding; I really enjoy working in the Clinic where I have established a growing client base and it is rewarding to be part of a team where other therapies are recognised and complement each other.



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### What is Pilates?

*“Physical Fitness is the first requisite of happiness. In order to achieve happiness, it is imperative to gain mastery of your body. If at the age of 30 you are stiff and out of shape, you are old. If at 60 you are supple and strong then you are young”.* Joseph Hubertus Pilates

In the 1940's Joseph H Pilates founded the now popular exercise regime that bears his name.

Pilates can strengthen the deep torso muscles and help with posture problems. It is often recommended by Physiotherapists to help in the alleviation and prevention of back pain.

There are many benefits to Pilates including, improved fitness and body awareness, before, during and after pregnancy, injury prevention, remedial and rehabilitation work & improvement of technique for athletes and dancers. It is suitable for all ages from children over 12 and up to pensioners!

Pilates also helps to increase and create a balance between strength and flexibility, create an awareness of and strengthen dynamic stability, improve coordination, and improve posture.

### Q & A

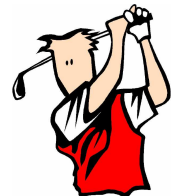
**Q:** I wake up with a sore back and neck, could this be caused by my mattress or pillow?

**A:** Yes. It is important that the neck and spine are supported in a neutral position, so the right pillow & mattress are essential. A mattress should have enough give to support our bumps but not sag; depending on your size you may need more than one pillow.

Remember we are not all the same shape & size so what suits one person may not suit another.

### Returning to Golf After the Winter Months?

Make sure those golf shoes don't keep you in the clubhouse this summer. Today, golf shoes are constructed by using basic principles of athletic footwear and are designed with comfort in mind.



Don't wear anything on your feet that wouldn't be comfortable if you were taking a good long walk. Make sure shoes fit well in the shop before purchasing them. It's best to shop for them in the afternoon when the feet are slightly swollen and try them on with the same socks you'll wear on the course. Tie both left and right shoes and walk around the shop for a few minutes before deciding on a make or model. Remember you don't have to put up with sore feet while trying to reduce your handicap!

### Five Top Tips When Playing Golf

1. Start easy and build up your playing time.
2. Don't forget to stretch regularly, especially before taking your first tee.
3. Fit your shoes with the socks you plan to wear.
4. Stretch to alleviate stiffness after a day of golf.
5. Lift with your legs. This applies to lifting golf bags in particular – bending at the waist to pick up your bag will strain your back.

### 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

Counselling

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