



Marple Physio Newsletter

Marple Physio

Tel: 0161 426 0100

www.marplephysio.com



What we do:

- Specialist Musculoskeletal and Sports Physiotherapy
- Musculoskeletal Podiatry
- Biomechanical & gait assessment
- Chiropody/foot care
- Sports Massage
- Reflexology
- **Treatment Quality Guarantee !**



Improvements in our Service!

Saturday Morning Physiotherapy Clinic

From 18th February 2012 we will be open on Saturday mornings from 9 a.m. to 12 noon for physiotherapy appointments.

For several years we have had physiotherapy appointments available from 8 a.m. to 8 p.m. during the week but due to demand we have decided to add the Saturday hours. This should be of great benefit to patients who find it difficult to attend week day appointments due to either busy work or family commitments.

Our opening hours will then be:-

Mon-Thurs: 8 a.m. to 8 p.m.

Fri: 8 a.m. to 6 p.m.

Sat: 9 a.m. to 12 noon



Extended Podiatry/Chiropody Clinics

To better serve our patients the podiatry service will now offer appointments on Monday and Wednesday evenings and Saturday mornings.

We have two excellent Podiatrists at Marple Physio:

Clare Robinson BSc, MCHS, HPC and Charlotte Darbyshire MSc Podiatric Biomechanics., MCHS, HPC.

Between them they provide both a foot care/chiropody service and a musculoskeletal service including:- biomechanical assessment, walking and running gait analysis (using modern video technology) and prescription orthotic devices.

When appropriate our Podiatrists will work closely with our Physios and your GP or Consultant in order to provide a 'complete' service for everyone involved.

If you require Podiatry or Chiropody treatment please call us to discuss which clinic session will best suit your needs.

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Please see over for more staff news and information on our Guarantee!



Marple Physio

*'Move Well...
Feel Better...
Be Your Best!'*

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Congratulations to Kathrine Crompton, our sports massage therapist - she has been accepted to provide sports massage to athletes at this years Olympics games!

Staff Development News

Our Senior Physiotherapist, Liz Ebelthite starts her course in 'Movement Control' at Keele University in February. Both of our full time Physiotherapists already have post graduate training in Movement control rehabilitation (Matthew Carpenter completed a 3 week post graduate course in 2010 with 'Kinetic Control' the main developers and providers of muscle balance and movement control training in the world). When Liz finishes her course she will become a 'Kinetic Control Movement Therapist' (KCMT) of which there are only a handful in the country at present. This means she will be expert at assessing and managing movement control issue which are frequently the causative factor in musculoskeletal pain and dysfunction.

Our Guarantee

We will:

- Always recommend the most appropriate treatment - even if that is not us!
- Give you one-to-one attention and treat you as an individual.
- Break down jargon and explain your condition in a way you understand.
- Continually develop our team so we can offer the most up-to-date treatment
- Offer you an appointment with an experienced physiotherapist within 48 hours.

We will not:

- Use 'gimmicky' or inappropriate treatment techniques.
- Provide you with a quick fix if it is not appropriate for you.
- Waste you time!

If we do not adhere to this guarantee you will get your treatment session for free!

The kinetic control, muscle balance approach fits brilliantly into the physio management of nearly all neck, back and upper and lower limb dysfunctions that present in a musculoskeletal setting.

As part of his continued professional development Matt Carpenter, our Lead Physio, is undertaking a course in electro-acupuncture and a course in acupuncture for shoulder pain over the next two months. This will mean we can start to offer electro-acupuncture to our patients - this can be particularly useful for more long standing painful conditions.