

# Marple Physio Newsletter

Marple Physio

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[www.marplephysio.com](http://www.marplephysio.com)

## What we do:

- Specialist Musculoskeletal and Sports Physiotherapy
- Musculoskeletal Podiatry
- Biomechanical/gait assessment
- Chiropody/foot care
- Sports Massage
- Reflexology
- B Youthful: Facial Aesthetics Service
- **Treatment Quality Guarantee !**

## Inside this issue:

Knee Osteoarthritis: Can Anything Be Done?	1
'B Youthful'	2
Staff News	2
Patient Loyalty Scheme	2

## Knee Osteoarthritis: Can Anything Be Done?

Osteoarthritis (OA) is the most common joint disease which affects over 8 million people in the United Kingdom. The knee is one of the most commonly affected joints along with the spine, hips, hands and feet. The exact cause of OA is unknown however previous injuries or repeated stress to the joint, during certain sports or manual tasks, can contribute. As can, being over weight or not doing enough exercise

OA causes pain, swelling, stiffness and loss of joint movement and muscle



Pic: X ray of a healthy knee

strength. This can lead to difficulty walking, performing daily tasks and in severe cases can prevent sleep.

### What happens in an Osteoarthritic knee?

The knee joint surfaces are covered by protective cartilage which, in an arthritic joint becomes rough and thins, making movement of the joint less smooth and reducing the congruence of the joint surfaces. The body responds to this by trying to repair the damage by producing extra fluid in the joint, thickening of some ligaments and in some cases extra bone is laid down at the sides of the joint. All these changes to the joint contribute to symptoms described above.

### What is the treatment of OA knees?

Along with adequate pain medications prescribed by a General Practitioner, Physiotherapy should be a first step in the management of OA knee. Specialist Physiotherapists are highly trained and experienced in the management of the condition.

At Marple Physio all patients presenting with symptoms of arthritis are thoroughly assessed and an individualised treatment plan is matched to their needs.

Physiotherapy treatment for people with OA knee may include:

- Individualised exercise programmes
- Joint Mobilisation.
- Acupuncture
- Specialist OA knee, joint offloading braces or orthotic devices (insoles) designed to offload the knee joint.
- Advice on pain management and lifestyle changes
- Massage
- Electrotherapy

In some cases and if the condition progresses other interventions may be required including joint injections, keyhole surgery or joint replacement. These require referral to an orthopaedic consultant.

See over for Staff News , New Services and Offers at Marple Physio.



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

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## Patient Loyalty Scheme:

Very kindly many of you recommend our services to friends and family members. As a way of saying ‘thank you’ we have developed a new scheme which means that, in future, if you refer someone to the clinic, you will be eligible for a voucher giving money off any treatment at the clinic and the person you refer will have a discount off their first session.

So if you know someone that could benefit from any of our services and to get your voucher, simply print out this newsletter, tear off and fill in the adjacent slip and give it to the person you are referring to hand in at reception when they first attend the clinic (for a lim-

ited time you can even refer yourself again if you have not been for a while and require our services—see voucher).

At their first session the person you have referred will receive a reduced rate for that session (a nice gift from you!) and we will send you a voucher in the post for money off any of the therapies we offer at Marple Physio.

There is no limit to how many people you can refer and how many vouchers you can receive.

Referral cards will also be available in the clinic – should you ever need any more.

## ‘B Youthful’ Comes to Marple Physio .

‘B Youthful’ is a facial aesthetics service that is run by Barbara Tyrell. Barbara is a qualified nurse, midwife and podiatrist who has been performing injection therapy for several years as part of her clinical practice.

She is now a Facial Aesthetic Practitioner specialising in Facial Botox and Dermal Filler treatments. These treatments are designed to improve and even eliminate facial creases and wrinkles.

***As this is a new service ‘B Youthful’ are offering a 20% discount with the presentation of this newsletter until January 28th 2012. Please call for details.***

## Staff News

**Liz Ebelthite (Senior Physiotherapist)** has had a busy year since starting at the clinic in January. As well as undertaking advanced courses in lumbar and pelvic physiotherapy techniques, she has also undergone further training in shoulder injury management and foot and ankle biomechanics. She is due to start a Masters Degree in physiotherapy (part time) next year.

To top that she is now also employed by Rochdale Rugby Union Football Club

as their 1st team physio.

**Matt Carpenter (Lead Physiotherapist)**. Matt has restarted seeing GB athletes at Manchester English Institute of Sport as and when they require his services.

Also, Matt is now registered with the British Association of Performing arts medicine (BAPAM) as one of their physiotherapists which means he now regularly treats professional musicians and singers as well as other performing arts professionals.

## Patient Referral Voucher



To refer a friend for Physiotherapy, Podiatry, Chiropody, Sports Massage or Reflexology fill out your details here and ask them to present this at reception on attendance:-

Name of referrer:

Address of referrer:

Phone No of Referrer:

This slip entitles the bearer to 10% off their initial therapy session. The referrer will receive a money off voucher in the post. (You can refer yourself if you like until January 31st 2012).