

Marple Physio Newsletter

What we do:

- Musculoskeletal and Sports Physiotherapy
- Pre and Post Op Rehabilitation
- Podiatry
- Chiropody
- Sports Massage
- Pilates
- Reflexology
- Day and evening appointments

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What's the Newsletter all about?

Welcome to what is the first of our bi-monthly newsletters from Marple Physio.

The idea of these newsletters is to keep our patients, ex-patients and referrers up to date with any changes or developments that are taking place at the clinic and to provide you with the latest information regarding physiotherapy and musculoskeletal medicine.

To do this our news letters will always feature a story or two about the clinic—these may be about staff accomplishments or new services or changes to our current service. We will also have a clinical feature, the aim of which will be to provide you with the latest information about treatment approaches

for specific conditions or they may be looking into a specific treatment approach itself to give you some insight into treatments such as manipulative therapy, acupuncture or electrotherapy.

Unfortunately we can not post this news letter to every one so if you would



like to receive it regularly you can send an email to

enquiries@marplephysio.com and we can put you on our emailing list or you can visit our website at www.marplephysio.com when ever you like and download a pdf version of the newsletter to read at your leisure.

So, thanks for taking the time to read our newsletter and I hope you find it interesting and informative.

Please remember if you have any questions about any of the stories or our services please feel free to contact us and we will try our best to answer them fully.

Matt Carpenter
Lead Physiotherapist

What's This? New Staff?!

We would like to introduce you to two new members of staff:

Liz Ebelthite is our new full time senior physiotherapist. Liz is a First Class Honors Graduate from Salford University and since qualifying has gained a range of experience working for the NHS both in London and the North West. Liz now specialises in musculoskeletal physiotherapy and has a post-

graduate qualification in acupuncture. She is also an experienced Pilates instructor and in her spare time she enjoys climbing, yoga and Pilates. She is also training for this year's Manchester BUPA 10km run. Liz is a highly enthusiastic and motivated physio and is an asset to our team.

Charlotte Darbyshire is our new musculoskeletal Podiatrist who has actually been

with us for several months but is still relatively new. Charlotte specialises in musculoskeletal conditions and as such is skilled in biomechanical assessments, gait and running assessment and the treatment of conditions with orthotic devices.

We would like to congratulate Charlotte for recently gaining her MSc in Podiatric Biomechanics. **Well Done Charlotte!!**



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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 for free!

Pilates - What is it?



Modified Pilates:
Specifically designed to target 'core fitness' and stability.

Performed well, Pilates is the ideal form of exercise to target your 'core'. Other disciplines such as yoga, t'ai chi, Body Balance and ballet will improve strength in the area, but Pilates is specifically targeted to core fitness.

Pilates was originally developed by Joseph Pilates, after suffering from many childhood illnesses. Joseph was determined to overcome his ailments and to excel in sport. He studied yoga, yin Meditation and the exercise regimes of the ancient Greeks and Romans and by his teenaged years he excelled in Gymnastics, Skiing and Diving. He continued to develop his exercise regime (now known as Traditional Pilates) and

opened the first Pilates studio in New York in 1960.

Modern Pilates or Modified Pilates has evolved from Joseph Pilates' regime and focuses on smaller amplitude movements so is ideal for people with musculoskeletal problems. The principle is to find your ideal postural alignment and then maintain this posture whilst performing specific movements to strengthen your 'core' muscles. Pilates exercises are not a 'cure all' but are regularly used by Physiotherapists to help their patients to manage their back pain and to decrease likelihood of recurrence and flare ups.

How to get started.....

If you're interested in Pilates to help with a back or other musculoskeletal problem, improve your sporting performance or just to keep fit then Marple Physio can help.

Liz Ebelthite, our new Physiotherapist, has trained with the Australian Institute of Pilates and is an experienced Pilates teacher. She will be teaching Pilates on a one to one or one to two person basis in our gym. This service is aimed at people who have had back or pelvic problems that need their pilates programme to be tailored to their specific dysfunction. For more info and prices please feel free to call the clinic .