

- Lower Back Pain
- Hip Pain
- Headaches
- Knee Pain
- Tennis Elbow
- Ankle Sprain
- Sports Injuries
- Neck Pain
- & Much More...

Clinic Opening Hours
8am - 8pm

Middlesex Physiotherapy Clinic NEWSLETTER

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Issue 2: Winter 2008



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NEWS SECTION

Back Pain Amongst Children on the Rise

Taking care of your back at a young age can prevent problems in later life. Children are finding that modern lifestyles are having an impact on their backs. Days spent sitting on soft sofas and ill-fitting classroom furniture, together with heavy school bags and a rise in obesity, means we are seeing more and more young adults with recurrent low back pain. Let's not even talk about computer games!

As well as encouraging children to develop good habits, parents must try to set a good example.

Advice to parents is:

- Regular physical activity is important for helping to mobilise and strengthen the spine
- Exercise together as a family during leisure time- cycling, family football etc
- Check the weight of your child's school bag, a back-pack worn over both shoulders is best

- Eat a well balanced diet. Being overweight places extra stress on the spinal joints, the hips and the knees.
- Persistent backache in children should be looked at by your doctor or physio

Know Someone Who Has Fallen & Lost Their Confidence?

With the wet and slippery pavements over the winter period Physiotherapy is fundamental in the prevention and treatment of injuries caused by falls. The most common injuries in older people seen by physiotherapists are fractures, but falls can be devastating in more than just a physical way. We regularly see older people suffering from decreased confidence, social isolation and a loss of independence, as well as a fear of falling again.

Improving their balance, their mobility and confidence are key elements of treatment to help these patients. We are able to visit patients in their own home for both assessment and treatment.

Help the Aged have carried out research showing that 2.5 million people aged over 65 in the UK have fallen to the ground due to damaged or uneven

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pavements. Research shows that physiotherapy plays a key role in falls prevention amongst people aged 65 and over. If you know of someone who needs our assistance please do call.

BlackBerry Thumb Increasing

Unfortunately we are seeing an increase in repetitive strain injuries (RSI) related to excessive use of handheld computers and phones such as the BlackBerry. BlackBerry thumb, also known as CrackBerry, is the nickname given to the pain experienced in the thumbs and hands as a result of excessive BlackBerry or mobile phone usage. RSI is very much linked with overall posture- so when using your handheld sit tall, shoulders back and chin slightly tucked in. Follow these important guidelines:

- Keep usage to a minimum and take a break after every 3min of continuous usage
- Stretch out the hands and wrists during your breaks- hold for 20sec each
- Sit straight and tall with shoulders back and chin slightly tucked in



Physio for Headaches

You may not know that many headaches are caused by tension in the neck and shoulder girdle region which we refer to as Cervicogenic Headaches. These are very often associated with poor posture and work habits. Physiotherapy Examination often reveals trigger points (tight bands of muscle) in the muscles around the neck and face which when pressed firmly reproduce the headache. Occasionally the source of trouble is from the top 2 vertebra in the neck as this is where the nerves which run to the base of the skull exit from.

Treatment involves accurate identification of the cause and treating these with a combination of massage techniques, spinal mobilisations and remedial exercises.

Announcing Physiotherapist Jodi Hurwitz Joins our Team

Amazing physiotherapist Jodi Hurwitz has joined us at the clinic. Jodi is yet another South African trained physiotherapist and she also boasts having her Masters Degree in Advanced Physiotherapy. As a qualified Pilates instructor Jodi also uses Clinical Pilates to assist in the rehabilitation programmes she carries out for patients with spinal problems and post-natal issues. Jodi also has a special interest in hand therapy and has completed training with the British Association of Hand Therapists. Suffering with RSI, then Jodi's the person to see.

Clinic Move Due to Fire

We have moved into fantastic premises in Churchill House on Brent Street, Hendon. Many of you already know of the unfortunate fire at the Burroughs Sports Club last year, which ruined the downstairs of the sports club, luckily no-one was injured! We are now very well settled into our current premises in Churchill House, Brent Street. But please watch this space as hopefully we will have very exciting news for our next newsletter!

Massage Therapy

Massage Therapist Sharon Roberts continues to provide fantastic deep-tissue, Sports and Swedish Massage to our patients. Who says you should suffer with tense shoulders and neck muscles? Sharon will be able to help you relieve this and keep the stress and tension at bay.

Meet the Team

Steven Berkman
Principle Physiotherapist & Practice Owner



Jodi Hurwitz
Clinical Specialist Physiotherapist



Sharon Roberts
Massage Therapist



Abi Wise
Practice Manager

