

# Physiomatters

ISSUE 2 | SUMMER 2018

## Moving on up!

**W**ow! So much has happened since we last spoke! Shortly after the first issue of our newsletter went to press, life got even more exciting.

By the time you read this we will be in our new premises at 106 Main Street. We're only up the street but bigger, brighter and better!

Typically, it took something outside of my control to ignite that fire in me that makes me take action but, oh boy, once I got going, did I take action!

Standing in the upstairs room of 106 for the first time on that cold January afternoon and looking across at the smile illuminating Liz's face intensified my gut feeling that yes, this is where we are going to be.

### Now, what do I need to do to make this real?

It felt terrifying to embark on this path but latterly I've been learning to love my fears and how to change them into brilliance. Recently, I had the pleasure to meet Brita Fernandez Schmidt, Executive Director at Women for Women International, who talks about how to nurture our 'fierce' – or power – in the face of our fears.

I've been getting to know my fierce pretty well in recent weeks. It's been quite an experience but I highly recommend it!

It has all happened very quickly – from initially viewing our new home in the first week of January, in just less than 4 months we're in – thanks to some wonderful support and a



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lot of hard work from a great team of people. I certainly could not have done this without you.

We've taken a hollow shell of a building, which has been sitting unoccupied for over 5 years, and given it a whole new lease of life and energy. Taking the old signage and shutter down was like cutting back the rose bushes from Sleeping Beauty's castle – inviting light back into a space that has been dormant for all those years.

There are now three therapy rooms, and a studio which will be used as a  
– continued on page 4



## Contents

10 Year Challenge .....	1
Ask the Expert .....	2
Client Story: Ali's Story .....	3
Recipe: Chicken with Smoked Paprika & Almonds .....	3
Skinny Bob's Corner .....	3
Acupuncture and Dry Needling ....	4



## Is the pain really in my head?

*How our thoughts, the words we use, our behaviour and that of those around us can influence our 'pain'. Matthew Allen BSc (Hons) MSCP, the 'Superman' of our physiotherapy team, talks about how to truly understand the way both our body and our brain respond to long term pain.*



### What does it mean when I've been told that 'the pain is all in your head' and not in the part of the body that hurts?

A couple of years ago, I went to an exhibition of Leonardo Da Vinci's anatomical drawings. In Da Vinci's era, it was believed that love was literally 'in' the heart. Now we know that love is a conscious experience, involving the brain, hormones, and a fuzzy feeling somewhere in the chest. Pain too is a conscious experience involving sensors in the body, nerves, the brain, emotions, and many other factors. One thing is certain though - no brain, no pain.

### Why does pain sometimes persist?

Would you wait until after a child pulled a pan of boiling water on themselves before telling them it was dangerous? No! And for the same reason, your pain system will also tell you before you do anything that may cause you damage. Just like an overprotective parent, the pain system can be overprotective and generate the sensation of pain even after it is helpful.

When people experience pain for a long time, they are often given varying advice from numerous medical professionals. Why the different approaches?

Pain is extremely complex. Whenever you find a complex phenomenon, it will be joined by different ways of explaining it; some of these will be better than others. Many other things impact the sensation of pain such as; inflammation, stress, depression, physical activity levels, and much more besides. For example, good quality sleep has been shown to be as effective at reducing pain as ibuprofen. Seek Professional advice and your Doctor might prescribe some anti-inflammatories and suggest getting some good quality sleep, where as your Physio might suggest some exercises. Both approaches are correct.

### How can what I think, or say, change how much pain I am in?

Pain is a nerve impulse. A thought is also just another nerve impulse! The type of thoughts you have after an injury can affect the hormones in your blood stream, therefore impacting your perception of how bad the pain feels.

### Why would making even a small change in behaviour, say a 10 minute walk each day, alter how I feel?

A brisk walk will release your body's own morphine, endorphin, as well as lubricating all your joints. It is a non-negotiable tonic for pain.

How does the behaviour of those around me – my partner, family and friends – impact how much pain I am in and whether I can improve?

During research, people rated the same electric shock as more painful if their spouse was in the room. If they didn't, they are more likely to get divorced! The context influences how pain is treated and what the long-term consequence will be. Similarly, you are more likely to be disabled by a back injury in Germany than in the Netherlands, and you are more likely to have surgery for back pain in the USA, despite surgery being shown to be ineffective in the long run.

### What can I do to help reduce, or get rid of my pain?

Book a session with a physio and come armed with good questions! Try these ones:

- How do I know if my pain system is being over protective?
- How can I retrain my pain system to be less protective?
- How do I know if I'm safe to move?

If you'd like to discuss this further with one of the team, please call 01274 565669

### Reference

Moseley, G.L. and Butler, D.S., 2017. *Explain Pain Supercharged*. Adelaide: NOI Group Publications

# Ali's Story – One Squat Too Far

Back in 2016 I decided to try and do something about my chronic muscular tightness and had been using yoga to try and alleviate it. This seemed to be helping but one Saturday I was in a HIIT class and during deep box jump squats I felt a sharp pain in my groin.

I attended The Bingley Physiotherapy Practice a few days later and Jacqui was quite concerned and mentioned the words “labral tear” which I had to google!

Subsequently I saw Prof Schilders, a specialist in hip surgery at Yorkshire Clinic and he diagnosed a labral tear in my right hip, brought about by an underlying condition called femoro-acetabular impingement (your turn to Google!).

The prospect of arthroscopy with a long rehabilitation was a major setback for me, and being a lone parent of three it was all the more a worry. However,

with the support of family and friends (especially at work) I went ahead with the surgery in August 2016.

My rehabilitation under the care of Matthew was mostly textbook - I was careful to comply with his recommendations and am happy to say that I've been discharged by Prof Schilders. My fitness is where I want it to be - I can do most gym activities, tolerate high impact classes, run medium distances at a good pace and lift moderately heavy weights.

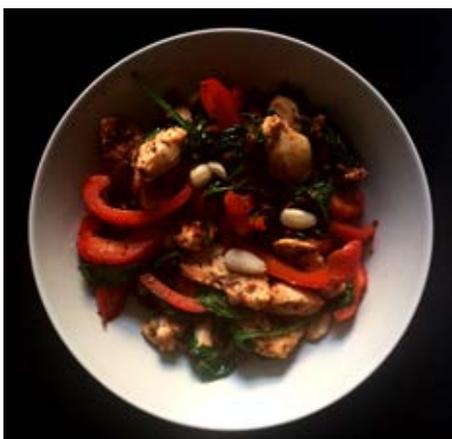
It takes time to get fully fit after such an injury and my best advice is to “do what the physio tells you to do!”



## RECIPE

### Chicken with Smoked Paprika & Almonds

Serves 1



#### Ingredients

- 1/2 tbspc coconut oil
- 1/2 red onion, finely chopped
- 1 clove garlic, finely chopped
- 1 red pepper, de-seeded and sliced
- 2 tsp smoked paprika
- 1 tsp dried oregano

1 x 240g skinless chicken breast fillet, sliced into 1cm thick strips

5 cherry tomatoes, cut in half

20g blanched almonds

Large handful of baby spinach leaves

Juice of 1 lemon

#### Method

1. Melt coconut oil in a large frying pan over a medium heat. Add onion, garlic and red pepper and stir regularly for 2 minutes or until the vegetables are just starting to soften.
2. Stir in paprika and oregano to coat the vegetables, then increase the heat to high.
3. Add chicken and tomatoes and stir for 3-4 minutes, or until the chicken is fully cooked.
4. Stir in almonds and spinach and cook a further 2 minutes, or until spinach has wilted.
5. Season with salt and pepper, and finish with a squeeze of lemon juice.

Courtesy of Caroline Harris at [Fitness2Glo](#)

## SKINNY BOB'S CORNER

Did you know that 73% of your brain is water?

Just 2% dehydration will affect your attention span, memory and other cognitive skills.



## Front page article

– continued from page 1

rehabilitation gym and a teaching/workshop space. Not to mention our glorious reception area. I'm so happy with that desk! Oh and windows! Lots of splendid windows – which when you've worked for nearly 7 years with the blinds closed or no windows at all, is quite something.

With our new space comes new possibilities for treatment, rehab, therapies, workshops and classes.

New therapies with myself include Visceral Manipulation – to treat complaints of the digestive system; Cranial Manual Therapy, following the course I organised with leading Canadian therapist Doreen Killens – giving me alternative ways to treat head injuries and headaches.

Katie and Hannah have completed their Acupuncture training; Our young Padawan, Liz, has trained in Baby Reflexology, Scar Massage, Foot Reading and Light Sabre Training – seriously!

Matthew continues with his MSc and has been focusing on Pain – see Ask the Expert.

In a different direction, we undertook training to deliver our new Acoustic Wave Therapy or Lipotripsy (that's helping to improve the appearance of cellulite to you and me!) So watch this space!

## And the 10 year Challenge?

We got off to a great start in January with the 10km Relay swim and an amazing response for swimmers. We had a great time (and a master class in front crawl from Lindsay and Louise) completing the 400 lengths in 3 hours and 40 minutes.

February saw Liz, Hannah and Kenny take part in the Cancer Support Yorkshire Firewalk – which was completely bonkers and amazing to watch all at the same time.

Liz and I volunteered at the Town Council Litter pick – 55 bags of litter in 1.5 hours. Incredible! Katie, Liz, Sarah and I have all helped out at the RDA sessions too.

We are currently collecting for the Bingley Foodbank and there are more challenges to come. A huge thank you to all those that have already donated.

## Phew!

I couldn't have imagined such a riveting start to our 10th year. As one of my very lovely clients, said to me, *“you've come a long way from your dining room all those years ago!”*

## Acupuncture and dry needling – the whys and wherefores

Acupuncture is a treatment technique used to treat a wide range of conditions and reduce pain. Its application in Traditional Chinese Medicine involves the insertion of small needles into the skin. These insertion points follow channels known as Meridians, and it is the insertion into these acupuncture points that create the pain relief response.

Dry Needling is based on Western anatomical knowledge and is used in the treatment of musculoskeletal and myofascial pain and conditions. Dry needling works by needling directing into the overactive areas of muscle, known as trigger points.

### How it works:

The application of needles into the skin stimulates the brain to release pain inhibiting chemicals providing

both local and general pain relief. During Dry Needling, the needles inserted directly into the muscle can elicit a pain relieving response by sending injury signals to the brain that promote healing. Needling directly into a muscle trigger point will make the muscle relax and promote circulation to the affected area. It is used in addition to other manual physiotherapy techniques and exercise in the treatment and management of conditions.

### How does it feel?

Acupuncture and Dry Needling are regarded as a very safe treatment. Insertion of the needles is often not felt or at most described as a mild pricking sensation. Sometimes a muscular twitch or ache can be felt during Dry Needling, which can leave some mild post treatment soreness. Any side



effects are often mild and short lived, and are fully described prior to any treatment commencing.

For more information, call us at the practice on 01274 565669.