

Physiomatters

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How can I help?

We've been watching the Amazon Prime series 'New Amsterdam' – based on the memoirs of a doctor who held the post of medical director in a large public hospital in the US.

The medical director asks the question – “How can I help?” – of his team and patients. It's quite powerful how the phrasing of the question changes both the answer and the results he gets. It made me think about what I do.

What can I do for you today? This is how I start my consultations to find out what my clients really have a problem with. It's not always about pain – but it's nearly always about dysfunction – what they can't do in their lives.



Here at the practice we pride ourselves on helping people to do the things that they love and are passionate about by solving the problem in their body that is hindering them from achieving that.

We're not just treating the painful area; we're not just treating the symptoms. We aim to help you solve your problem. What is it that you can't do? What is it that is stopping you doing it? And what else is going on in your life that may also be impacting how you are responding to the situation? We are all individuals and we strive to treat all our clients as such.

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Our approach uses a framework – the Integrated Systems Model (ISM). My original ISM training was 10 years ago with Diane Lee, a preeminent Canadian physiotherapist who travels the globe with her teaching and work. This year I have the absolute privilege of being part of her assisting team, as Diane teaches her work here in the UK.

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More than skin deep

Liz Crosland of Footprints Relexology & Massage Therapies talks about the new treatment that she can now offer here at the practice – ScarWork.

What is ScarWork?

ScarWork massage is new form of scar therapy. It is a very gentle Treatment given without oils or creams, to help post operative, accident or burn scars. It is used to improve feeling and functionality in the scar and surrounding tissues, creating better movement between the layers of the skin, fascia (connective tissue) and muscle.

Who is Sharon Wheeler?

Sharon Wheeler has developed these techniques and has spent her career working with scar tissue and continues to innovate new techniques to improve scars. Her work is now taught in the UK.

Does it matter how old your scar is?

The age of the scar doesn't matter. New scars need to wait 10/12 weeks for the initial healing process to be established before they can be worked on. The sooner the scar can be treated, the better, but older scars can respond just as well to the treatment.

Can any type of scar be treated?

Most types of scar can be treated, the exceptions being Keloid, acne or Stretch mark scars. Scars that I have treated so far include: abdominal surgery, abdominoplasty, appendix removal, breast augmentation, c-section, cancer surgery, breast reconstructions, knee surgery, mastectomy and lumpectomy, tube/drain sites, hip replacement, hysterectomy and burns.

Will it hurt?

ScarWork is a very gentle form of massage so should not hurt. As the client you are always in control so should anything become uncomfortable the treatment will be stopped or adjusted.

How often will I need treatment?

As each scar is individual this will vary, but new scars can be treated weekly, older ones usually every 2/3 weeks depending on their severity and extent of internal adhesions. On average 4 to 6 treatments would be advised, but again this would depend on the individual scar and occasionally long-term treatment may be advised.

I have multiple scars, can they be worked on at in the same session?

Within the treatment sessions multiple scars can be worked on, but again this will depend on the individual circumstances, and may mean more treatment sessions will be needed. But in essence, yes, they can be.

Will it make my scar disappear?

Sadly, I can't make scars vanish completely, but they may seem fainter, feel smoother, the surrounding tissue area less tight. The emphasis is on improving the functionality of the surrounding tissue area, and releasing internal adhesions.

How will I know if my scar can be improved?

ScarWorks will be able to help you if your scar and surrounding area feels; ridged, gapped, lumpy, restricts your movement, gets stiff easily, painful or sensitive, red and raised, or It feels like pulling when you move.

In addition, if you suffer with IBS type symptoms and have had abdominal surgeries, such as appendectomies or C-Sections, ScarWorks may be able to help as the internal scar tissue from these procedures has been known to cause IBS.

How long is a session and how much will it cost?

The initial consultation is an hour and includes some treatment. **These are £45.**

Follow up appointments vary from 30 to 40 minutes and so cost **from £35 to £40.**

If you want to make sure ScarWorks is right for you, you can book for a free 15 minute consultation to have your scar assessed.

Get in touch with Liz to find out more about ScarWork:

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Natalie's Story – Gut Reaction



My journey with The Bingley Physiotherapy Practice began in October 2016 when I started to see Liz for reflexology to help manage my pain levels during a flare up of Crohn's Disease (one of the main Inflammatory Bowel Diseases which causes inflammation of the gut, which I have had since 1989). Liz took the time to research Crohn's, and its various symptoms, and each week she would bring some new information for me or would adapt the session according to my symptoms.

I have continued with these weekly sessions to help keep in remission from Crohn's, alongside immunosuppressant drugs. I find reflexology is crucial in managing both physical symptoms, and for relaxing the mind and body. I have also just started to take advantage of Liz's new ScarWork skills to help improve a large scar from an operation in 1990.

In Autumn 2017, I had a consultation with Jacqui when a sprained ankle didn't seem to be healing properly. She asked many



questions about my lifestyle as a whole, including my history of Crohn's and my commute to work. All became clear when she explained why my recurrent ankle sprains were the result of a combination of many things which weren't necessarily obvious at first. I came away with a series of exercises to do in order to strengthen the ankle, as well as to improve my posture and my breathing. I had follow-up sessions to work further on preventing a re-occurrence, and to get my legs fit for skiing. As a result of Jacqui encouraging me to think about my posture and incorporate some of the exercises into regular yoga and gym routines, I suffer much less with lower back pain as well as no more sprained ankles.

In Summer 2018, I jumped at the chance to try Visceral Manipulation with Jacqui to try and address some of the after effects of my previous bowel surgery. Even after the first session, I could feel a big difference

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in the way that my body felt—more flexibility in bending, less bloating after eating, and less indigestion.

Both Liz and Jacqui have encouraged me to think about my whole lifestyle, and the health benefits of making small but significant adjustments. I can honestly say that it's thanks to them that I am the healthiest I've been since I was 18!

SKINNY BOB'S CORNER

The average person's skin covers an area of 2 square meters

Skin accounts for about 15% of your body weight

The average person has about 300 million skin cells

A single square inch of skin has about 19 million cells and up to 300 sweat glands



How can I help?

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I get a real buzz from working with someone who inspires me to be the best that I can be and to always question what I know, in order that I can give the best possible service to my clients. Being in a place where I can completely concentrate on one thing – in this case my learning – is so invigorating and refreshing. How often do we really give ourselves that time to concentrate on what is important to us?

Then there are those 'light bulb' moments when something suddenly falls into place! It's amazing!

One of the joys of ISM is how it enables the organisation of your clinical knowledge and the clear way it structures the assessment so that you can really get an understanding of the underlying cause of the problem. To answer the question – **How can I help?**

For example, you may have knee pain, but the originating cause could be an issue of poor control of the hip or the foot, or the thorax or neck.

A good analogy is that of a smoke alarm. The piercing sound of the bell goes right through you, but, more concerning, is the smoke bellowing out from under the lounge door. The bell is loud and annoying; removing the

battery out of the smoke alarm silences the noise BUT it doesn't put out the fire.

If you want a magic wand to fix your problem, then I may not be the person for you. Through this process I can solve your problem – get to the root cause of it in your body and your lifestyle – as opposed to simply 'rubbing the bit that hurts'. For real and lasting change in your body, there has to be real and permanent change in it. You need to make a new brain map for how you move and live. This is not the 'fun fast and easy' option, it's the accomplishment from hard work, determination and perseverance.

"If you always do what you've always done, you will always get what you've always got."

However, if you're interested in a different way to look at things and re-evaluate and reflect on how you view and approach the problems that life throws at you, especially if those same things keep coming around and you never really get to the bottom of them, then I might be exactly what you are looking for. How can I help?

Visceral Manipulation

Visceral Manipulation is a hands-on therapy that aims to encourage normal tone and movement both within and between the internal organs, their connective tissue and other structures where normal movement has been impaired. This approach was developed by French Osteopath Jean-Pierre Barral.

The Importance of Movement

Life requires movement. If there are restrictions in the body preventing movement then they will prevent optimum health. All the organs & tissues have to be able to slide and glide over each other in response to movement. Visceral Manipulation aims to allow this freedom of movement to be restored.

Visceral Manipulation can help to:

- Restore physiologic motion to tissues and enhance normal movement of the body.
- Release restriction of tissue, adhesions or scars.
- Increase the rate of tissue repair.
- Return normal circulation to the body.
- Improve breakdown & removal of waste products.
- Normalise tone in muscles & promote normal function
- Reduce inflammation & pain.



- Increase joint flexibility.
- Re-establish the body's ability to adapt & restore itself to health, balance & vitality.

Our Practice Director and Clinical Lead, Jacqui Taylor, has trained with The Barral Institute, UK . If you would like to find out more about Visceral Manipulation and whether it may help you, please get in touch and arrange to speak with Jacqui.