

Backtogether PHYSIOTHERAPY



Acupuncture

There is growing evidence in worldwide medical journals supporting acupuncture for the relief of pain. It can be useful to reduce pain caused by many common conditions including Sciatica, Back pain, Tennis elbow, Frozen shoulder and OA knee amongst others.

All of us are trained in acupuncture as an adjunct to Physiotherapy and we use it when we feel it would be of benefit. It is often used in addition to other physiotherapy treatments. If you would like to discuss this with us then please ask at your appointment.

Back to School

When preparing for going back to school, make sure your children have good fitting backpacks to carry their books. Heavy school bags slung on one shoulder can cause neck and back pain.

The biggest cause of back pain we find in school children is their posture. Often they are slumped over homework or laptops, on the floor or the bed. Make sure your child is sitting correctly at the table or desk, and do not allow them to bend slumped over books or computers. This of course applies to the parents too!

Insurance companies

We are recognised by all major insurance companies inc Bupa, PPP, Aviva



Jane is back!

Jane returns to practice after maternity leave

Hello I hope you are all well, fit and active! I am really pleased to say I have now returned part time to both surgeries (Thursdays) which I am really enjoying. I am also continuing to teach Wednesday morning Pilates which is still very popular and great fun.

I have a particular interest in Spinal conditions, and I enjoy treating people not only with acute conditions but also those with long term chronic spinal pain. I like to work not only on the local immediate symptoms but also on the long term management of the condition.

Becky is working Mondays and Fridays in the Farnham Dene Medical Practice and Tuesdays and Thursdays in Elstead – split between the Springfield Surgery and the Therapy Centre in Lower Ham lane. She is also teaching Pilates in the evenings. Becky also enjoys spinal patients as her Pilates compliments their treatment. Being very sporty herself she particularly enjoys treating sports injuries.

Between us we are offering a range of times and treatment approaches hopefully able to suit most people. Treatment from us has a very manual approach, we are 'hands on' Physiotherapists, who will look at the complete picture and recommend exercises or changes for a long term management goal.

New team member

Ruth joined us last September after a break from physiotherapy to have children. She is now working part time in term times mainly out of Elstead, and also teaches Pilates.

Physiotherapists:

Jane Grainger MCSP, BSc, PG Dip Manip, MMACP

Becky Potts MCSP, BSc (Hons)

Ruth Murray MCSP, Dip Phys

All Chartered Physiotherapists

Springfield Surgery
Elstead
Surrey
GU8 6EG

Farnham Dene Med Practice
Lodge Hill Road
Lower Bourne
Farnham
GU10 3RB

E: info@backtogether.co.uk
P: 01428 641 321
M: 07769 587 218
F: 01252 703 215

Backtogether Physiotherapy

Pilates

Research has shown that the retraining of specific core muscles reduces the recurrence rate of low back pain.

Physiotherapy taught Pilates specifically focuses on training the core muscles and re-educating the body to use the correct muscles at the right times. Often back muscles over compensate and become painful themselves, or the back becomes stiff, or the hamstrings tight. Our Pilates classes and 1:1's help to strengthen and re-educate. They also include exercises to improve spinal mobility, increase flexibility of the trunk and lower limb muscle groups and improve body and postural awareness.

The benefit of having a physiotherapist teaching is that we are able to be specific to the musculoskeletal problems and requirements of the individuals.

Every person who wishes to join a class is required to have a one to one with ourselves beforehand. This enables us to assess the individual requirements and ensure that they are able to switch on the correct muscles.

Pilates is taught by us often as part of treatment, on a one to one basis, or in a class. For more information email or ring us.

Marathon

Congratulations to Becky for completing the London 2012 Marathon. I think she has recovered now! A huge thank you to everyone who sponsored her, she raised over £1000 for Sue Ryder

If you are a keen runner and need advice then Becky is experienced and happy to help. Ask for Becky when making an appointment.

Condition / services

We treat a large range of symptoms and problems, ranging from sports injuries to spinal conditions and from OA of the feet to postural headaches. A few of our commonly seen conditions are listed below.

Back/ neck pain
Pain referral – sciatica / arm
Shoulder injury
Tennis elbow
Arthritic conditions
Headaches
Anti and Post Natal problems
Sports injuries
Paediatric conditions
Post-operative rehabilitation
Soft tissue injuries
Reduced mobility / general rehabilitation
Postural Pain

New clinic venue

In addition to the GP surgeries in Lower Bourne and Elstead we are fortunate to be able to work out of the Therapy Centre in Lower Ham lane, Elstead. This is a beautiful little clinic in the grounds of 'The Alders' at the end of Lower Ham lane. It offers a ground floor clinic in a tranquil and relaxing setting.

Other therapists that work out of the Centre include massage therapists and podiatry. Ask Jane or Becky for further information.

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Find us at:

www.backtogether.co.uk

Facebook: Backtogether Physiotherapy

Twitter: Jane Grainger@B4cktogether