

# NEWS LETTER

Welcome to the autumn 16 edition of the Health Rooms news letter which we hope you will enjoy reading and find informative.

For further information on all articles please visit our website [www.thehealthrooms.co.uk](http://www.thehealthrooms.co.uk)



All our staff are experienced clinicians and members of the Health Care Profession Council ensuring they offer you the highest professional standards of care. Some of our staff are involved in teaching at post graduate Physiotherapy Master level courses and teaching other professions (Doctors, Chiropractors, Podiatrists) on musculoskeletal injuries through the British Association of of Sports Medicine

**PILATES:** Ever wondered who attends Pilates classes? At The Health Rooms the age range of people attending spans from teenagers through to 70's. Some participants are competing athletes, some enjoy the fitness aspect of regular Pilates others attend to aid in their recovery from injury. You don't have to be experienced to start, our expert instructors will guide you through the exercises or perhaps you would prefer to start with a 1:1 or a 2:1 session with a friend.

Silver birch Studios, Cavalry Park  
Peebles EH45 9BU

## DID YOU KNOW?

**Over 65.** Maintaining a healthy life style can modify the risks of developing many chronic diseases including type 2 diabetes, cardiovascular disease and conditions such as osteoporosis and arthritis.



**Exercising regularly,** maintaining a social network and a positive mental attitude all form part of a healthy life style.

**Older adults** can increase their strength greater than 25% using resistance bands.

**Adults who participate** in moderate to high intensity resistance exercise report favourable changes in body fat mass.

**Exercise and physical activity** have a positive impact on psychological parameters including anxiety and depression.

**A tailored exercise programme can also reduce falls as much as 54%.**

Injurious falls, including 70,000 hip fractures annually, are the leading cause of accident-related mortality in older people.

After a fall, an older person has a 50 per cent probability of having their mobility seriously impaired.

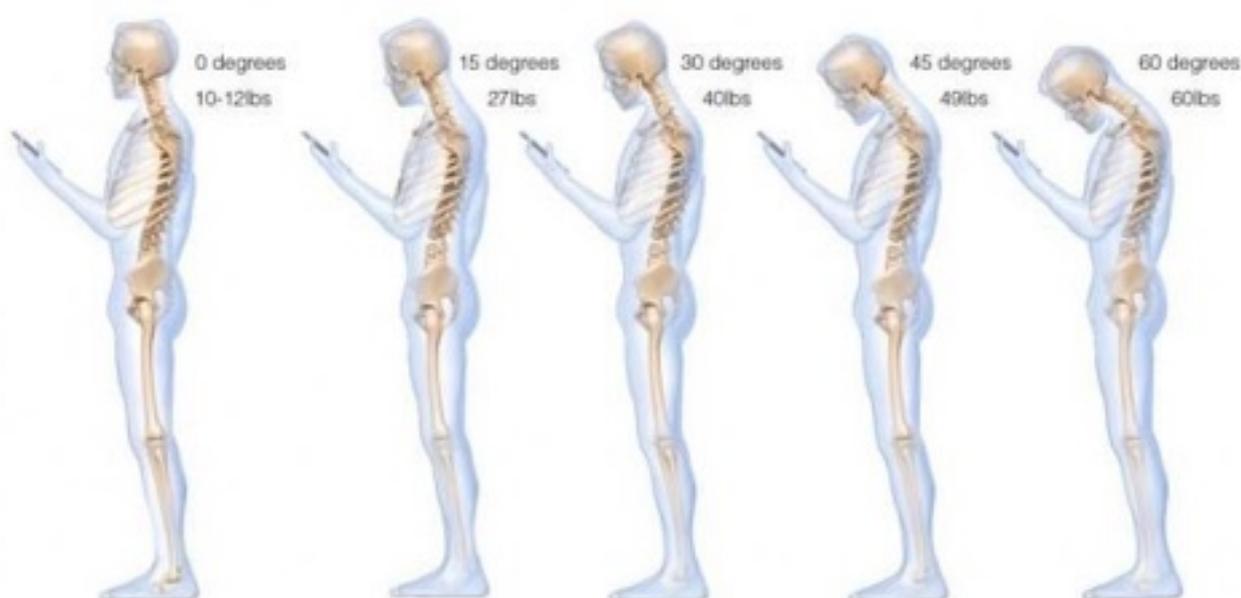
**Call the Health Rooms if you are interested in joining an evidence based exercise class for the over 65's**

**07745 211 950**

**Back pain:** Everybody has experienced or knows somebody that has suffered from back pain. The guidelines for the treatment of acute and chronic back pain differ and contain many components including pain medication, exercise therapy, manual therapy and general advice. Usually patients benefit from a combined approach of the above. As we are all individuals no one treatment or one modality will be beneficial therefore an **expert assessment** is important to be able to offer you the best evidence based treatment.

The Health Rooms has a large studio which we use for Pilates and also for Physiotherapy patients to perform exercises. No other Physiotherapy practice in Peebles offer this.

The Health Room staff can offer you expert assessment and treatment for a wide variety of conditions including back and neck pains, muscle ligament or tendon injuries, post surgery recovery, mobility problems. We are registered with the majority of Health Insurance companies.



The use of mobile devices is causing an increase in neck problems. As we tilt our neck forwards to look at a device we increase the strain on our spine. These repeated stresses and increased load on the muscles and ligaments can lead to pain and stiffness in the neck/upper spine area and even into the shoulder and arms. Tingling and pins and needles sensations into the arms are often caused by poor neck posture. Being aware of your posture and regularly moving into different positions will help as well as sitting supported with your device held at eye level. Our use of mobile devices is not going to diminish so be vigilant about your posture! If in doubt or you need advice contact The Health Rooms.

The information in this newsletter is for general patient interest. If you have a problem you should have it properly assessed by your physiotherapist or family doctor.

**Lots more information on our web site [www.thehealthrooms.co.uk](http://www.thehealthrooms.co.uk)**