



Camden Physiotherapy & Pilates Clinic
10 Stucley Place
0207 424 8668
www.camdenphysio.co.uk

NEWSLETTER

January 2010

Happy New Year from us all!

With the winter months drawing in, the team at Camden Physiotherapy Clinic would like to wish you all a very Merry Christmas and a healthy, happy 2010! We have continued to grow this year, which is no mean feat as, understandably, this year has been a financially difficult time for many people and small businesses. Therefore, we would like to say a 'Big' thank you to all our client's for their support over the past 12 months. We have had many clients participate in both the Flora London marathon and the recent New York marathon with thousands of pounds raised for charity. So, all that Pilates paid off! This year has seen the launch of the new online booking system, which despite some early teething problems, seems to have been warmly received. Many local companies have run their first well being days, and we have been happy to give presentations on back care advice, and injury prevention. We have been delighted to welcome Liz Morgans to our expanded physio team, allowing evening availability to be improved. So, continue with your feedback. We do listen! And we look forward to 2010 and all the challenges that it will no doubt bring. Wishing you all a happy festive period!



Inside this issue:

Merry Christmas	1
Focus on: Pilates for back pain	1
New practice manager!	1
Gift voucher	1
Research at Camden Physio Clinic	2
Insight into: Acupuncture	2
New Timetable	2

Focus On: Pilates for back pain Pilates is a form of core strengthening for the deep stability muscles that was designed originally for dancers but over the last few years has been adapted to suit everybody, with particular success in alleviating neck and back pain.

A series of conditioning exercises, it helps to teach awareness of movement habits that that may stress the spine, and helps you change these habits to those that preserve neutral alignment. Strengthening the deep abdominal muscles support the spinal discs and normalises muscle tension, as well as toning the lower tummy and thighs! The exercises in our Pilates classes are both mentally and physically challenging but are good fun, too.



So, whether you are a triathlete aiming to prevent injury, an expectant mum or a headache sufferer needing an easier life, our classes are all physio led, so you're in good hands! they run early bird, lunchtime and evening most days, so why not use your free voucher below to give it a try!

New practice manager!

We are delighted to be able to announce that Caroline Austrie will take the role as practice manager from January 2010, whilst Clare leaves us to go on maternity leave. Caroline is an experienced physio, who has worked at Camden Physio for over 3 years, so is already well respected by the team. She has a wealth of management experience and is excited about the new challenge, with many fresh ideas about how to improve the therapy services that we offer. So, if you have any comments, do ask for Caroline. And we wish Clare much luck with her new family, and look forward to seeing her return in due course.

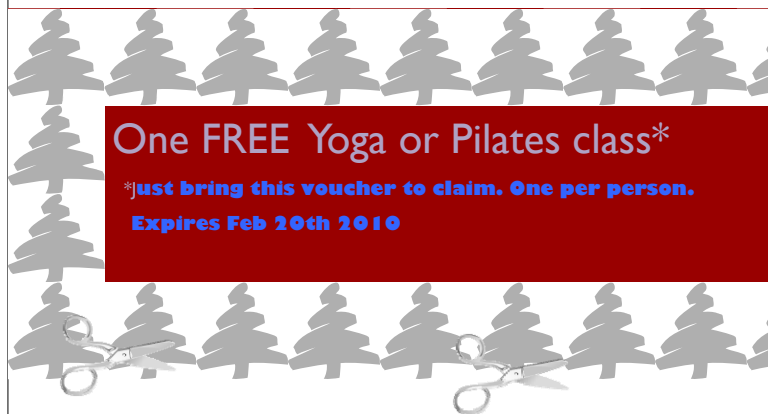
Camden Physiotherapy & Pilates Clinic offers:

- Chartered Physiotherapy
- Osteopathy
- Acupuncture
- Remedial massage
- Pilates
- Yoga

One FREE Yoga or Pilates class*

***Just bring this voucher to claim. One per person.**

Expires Feb 20th 2010



Quick fire facts about Acupuncture

- Acupuncture has been used in the Far East to restore, promote and maintain good health for over **2,500** years.!
- The first needles were made from stone, and then later from bronze, gold and silver.
- There has been a steady increase in the number of professionally trained acupuncturists in the UK, from just a handful of qualified practitioners in the 1970s to over 2,800 registered with the British Acupuncture Council. 3 of our Physiotherapists at St Pancras Physio Clinic have post graduate qualifications.
- It is of great benefit in alleviating headaches and cervical tension.
- One way that acupuncture is thought to aid pain relieve is by interrupting pain signals carried by nerves to the brain and therefore reducing pain.
- Physios will often use acupuncture in a physiotherapy session if they feel a specific injury would benefit from this type of treatment, either on its own, or in conjunction with traditional physiotherapy.
- There is no extra cost if acupuncture is included in the treatment with us.

Research at Camden Physio Clinic

Terry Luk, one of our physio team, is mid way through his masters at Kings college, London. As part of it, he will be starting some research into the effect of Pilates on chronic low back pain, in January 2010.

He will be looking for volunteers to take part.

So, look out for notices if you may be interested!

We wish him much luck in his studies! He will continue to work as a physio with us on

Wednesdays and Saturdays.

Did you know..?

We now offer one to one Yoga classes. It's £40 a session for one hour with one of our team of yoga instructors. Some people prefer to do an individual lesson before they join a group class, but that's only personal preference! We also run corporate classes if you prefer to have a class just for your office.

Book now at reception!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12-12.45pm Express Pilates Caroline Starts Feb 1st	1-2pm Pilates All Levels Liz	Early bird Pilates 8-8.45am TBC	11-12pm Ante-natal Pilates TBC		
1-2pm NEW TIME! Pilates Susannah		12.30-1.30pm Pilates All Levels Susannah	12.30-1.30pm Pilates All levels Clare	12.30-1.30pm Pilates All levels Liz	10am-11am Pilates All levels Terry
6-7pm Pilates All levels Susannah	6-7pm Pilates All Levels Caroline	5.30-6.30pm Pilates All levels Belinda	5.30-6.30pm Pilates All levels Clare Borg		11am-12pm Pilates All levels Terry
7-8.15pm Hatha Yoga Anna	7-8pm Pilates All levels Liz	6.30-7.30pm Pilates All levels Belinda	6.30-7.30pm Hatha Yoga Alison		1-2pm Pilates TBC
8.15-9pm Pilates TBC	8-9 Pilates All levels Liz	7.30-8.30 Pilates All levels Terry	7.30-8.30pm Pilates Clare Borg Starts 4th	5.45-6.45pm Yoga Elizabeth G. Starts 8th	

NEW CLASSES

Thank you for all your suggestions for new classes that you would like.

We have tried to accommodate the most common time demands.

The sessions written in **BLUE** on the timetable are possible new class times, if there is enough demand.

Do let reception know if you'd like to attend, so we can get them started! We've already had a lot of interest for more Saturday Pilates so that will start in early January...



Did you know that you can now book online..?

www.camdenphysio.co.uk

Tel: 0207-424-8668, Open Monday-Friday 8am-8pm and Saturday