



# Shockwave Therapy now available at Leyland Physiotherapy

For an appointment  
call us on

**01772 435235**

**GOOD NEWS!**

***We are pleased to announce...***

Mary has become a grandmother to Amber Olivia

The safe arrival of baby Jennifer Emily Bolton, daughter to Sam and Karen.

Liona has got engaged to her long term partner Andy Wilkinson

**Congratulations to all!**

Welcome to our first ever quarterly Newsletter. Here at Leyland Physio we are committed to constantly improving our quality of care and thought it was time to keep our customers abreast of recent changes

We have a team of highly experienced chartered physiotherapists with a wealth of knowledge in manual therapy, electrotherapy, acupuncture, and much more.

Conditions treated are vast, from back pain to toe pain.... we can fix it! Stroke therapy is also available with our fantastic onsite Neuro Physio.

## Shockwave Therapy

Do you suffer from Chronic Tendonitis? Achilles? Tennis Elbow? Plantar Fasciitis? Golfers elbow? Shoulder calcification? We have now got a solution!

Leyland Physiotherapy has invested in a shockwave machine.

Shockwave delivers high intensity sound waves into chronic tissue. This leads to a cascade of beneficial effects including increased blood flow, cellular activity, stimulation of collagen, dissolution of calcium and pain relief.

NICE 2009 have recommended shockwave therapy as a treatment approach certainly for Tennis elbow, Plantar Fasciitis and Achilles, it is thought that it might stimulate healing of tendons.

We are one of the few private clinics to offer this NICE recommended treatment, **SO DON'T MISS OUT!**



### Patient Feedback

"Mary is fab, I always feel better after treatment."

"Michelle, your knowledge has reduced my pain greatly and given me the confidence to move and exercise to increase my mobility. Thank you so much."

"Tom was always pleasant, polite and explained everything. Thanks very much for your treatment! Would definitely recommend."

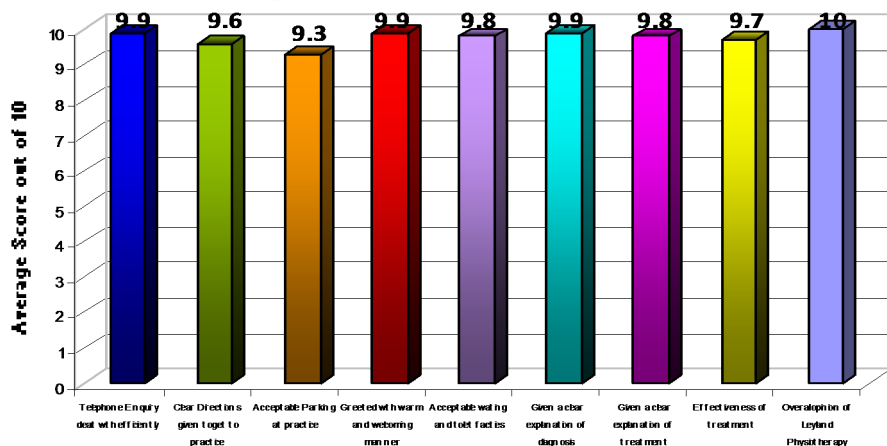
"Excellent people skills provided alongside excellent knowledge to correct the pain and discomfort. A pleasant and welcoming atmosphere from all employees."

"Both Sam and Mary very attentive and skilled in both diagnosis and treatment."

"Liona has been great and given me a good understanding of the issue, she is very knowledgeable and someone I would recommend."

"Liz was brilliant with my treatment."

## Satisfaction Survey Results



## Simple steps to help....

### Acute Low Back Pain

We often take phone calls from patients who are in agony with Low Back Pain.

1. The key is not to panic. You will become acute for at least 3 days.
2. Take adequate pain relief. Paracetamol is recommended as the first option. A GP will be able to provide you with prescription medication if over the counter does not help.
3. Relative rest preferably in lying to off load your back.
4. Avoid sitting where possible
5. Regular gentle movement is key.
6. Ice therapy can be beneficial or local application of Biofreeze gel.
7. After 48 hours heat therapy with a wheat pack may well help to decrease muscle spasm.
8. Use of a TENS machine is also a consideration for pain.

Most back pain does settle with time. We aim where possible to see people within 48 hours to ensure no warning signs 'red flags' are present as this could indicate a serious problem.

Early advice on self help measures and appropriate exercise for your presentation is paramount. We are happy to give advice over the

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#### We carry stock to assist with pain relief including:

-Wheat packs

-Biofreeze gel

-Cold pack

-TENS Machine

-Sissel Orthopaedic Pillow

Quote **ED1** for 10% off any of the items above.



## Hands on physiotherapy



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## RED FLAGS

- R** diffuse referred pain
- E** escalating pain
- D** different to previous symptoms
- F** funny feelings, odd sensations e.g heavy legs
- L** lying flat increases pain
- A** agonizing pain causing anguish and despair
- G** gait disturbance (walking)
- S** sleep grossly disturbed due to pain

**Also look out for Bladder and Bowel Disturbance, Genital numbness or a past medical history of cancer.**

**If you are experiencing any of these symptoms you must seek urgent medical attention.**

As part of our commitment to our ongoing development, Mary attended an excellent Lecture on Tuesday 21st April 2015 at Bolton Arena organised by Ex-Scan UK.

Topics of discussion were:

1. 'Musculo skeletal Imaging' presented by Dr David Temperly (Consultant Radiologist)
2. 'None Athletic problems around the hip and how to spot them.'
3. 'Common knee problems—What I look for with case discussions' presented by Mr Aslam Mohamed (Consultant Orthopaedic Surgeon).

All presentations were fantastic. Notable advance included 'Dyonic' imaging from the CT scan alongside digital gait analysis. This was fascinating and a major step forward in localising lesions, thus enabling the surgeon to plan his operative procedure meticulously. The outcome is an excellent post operative result and astonishingly speedy recovery times.