

# Physiomatters

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## A Good Year! Welcome to 2019...

Last year was full of surprises and huge changes for us. When I look back at where we were 12-months ago, I am so proud of all that we have accomplished. And so excited to see what 2019 holds for us.

It's a New Year, so I am, of course, going to talk about goal setting and, more importantly, accomplishing those goals, by sharing some of my learning that I've picked up from my studies.

Decisions can sometimes be forced upon us; then afterwards we often come to the realisation that it was something we wanted all along; our fear was holding us back. I was terrified about expanding the practice, but it's been incredible.



What is it that YOU really want to do in 2019?

Not what you think you should do to please other people. Maybe it's something you are completely scared about, but you know in your gut you want. Trust in yourself, and make choices that are true to the real, authentic you.

- Work out what the obstacles are to you achieving your goal. Then tell other people; we are by our nature problem solving animals – people like to help. Why not use that to get solutions to something you really desire rather than just finding a good plumber?

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- What actions or process do you need to take to make that a reality? Be honest with yourself here. Making real, permanent changes to the way we live our lives is difficult – make no mistake. We exist in a society where people like things to be 'Fun, Fast & Easy'. Accomplishment comes from hard work, determination, perseverance and learning to overcome the boredom of the routine! Yes, the people who succeed in making real

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# Mind Power

Elaine Frazer, a mental health nurse, runs her Clinical Hypnotherapy business in Eldwick. She tells us how hypnotherapy works using the power of your own mind to make positive changes for you...

## When I'm being hypnotised who is in control? Me or the therapist?

This is a common question that people ask. I can reassure you that during hypnosis you always remain in full control. In fact, hypnosis enables you to control and focus your own mind. You can then begin to change the way you think or feel about yourself or certain situations. You can also change a behaviour, such as stopping an unwanted habit.

The experience of being in hypnosis is a very relaxing one. You will remain alert and hear the suggestions given by your therapist. You always remain in control and any suggestions given will only be effective if you want them to be.

## Does hypnotherapy suit some issues/problems more than others?

Hypnotherapy can help with any problem/issue that you are experiencing. It is a method used to help you change the way you think or feel about the issue and reframe it in a positive way. Hypnotherapy is widely used to help you to meet specific goals, such as weight management or smoking cessation. It can help you improve your sports performance and build your confidence.

It can also help you to cope with anxiety, phobias and physical problems like IBS, chronic pain or migraines. There is now good evidence from hospital studies on the benefits of hypnosis.

## Can anyone be hypnotised?

Yes, providing you want to be!

Hypnosis involves learning to relax deeply, which is extremely beneficial for both your mind and your body.

It is generally effective for most people. Some people may be slightly less susceptible to suggestion than others. However, if you are committed to the treatment and have a trusting rapport with your therapist it is very likely that you will experience some great results.

## For which conditions is hypnotherapy most effective?

I find hypnosis extremely beneficial to reduce symptoms of anxiety and stress. I am a trained mental health nurse and use a range of problem solving approaches with my clients. However, hypnosis is one of my most valuable treatment 'tools'. It enables your mind to 'take a break' and experience calm. This is so much needed in times of anxiety and heightened stress.

## Will the effect of one session last, or will I need multiple sessions?

This is usually dependant on what you are seeking help for.

Smoking cessation and weight management are more structured, and results can often be achieved in two to three sessions. Anxieties and phobias may take a little longer.

I work with my clients to establish an individualised plan to address their specific needs. I give a guide then to the number of sessions required. I remain flexible and can respond accordingly to progress made.

## Are there times when hypnotherapy is not appropriate?

Hypnotherapy is a completely safe and natural treatment. It is safe for everyone and I work with both children and adults alike. Hypnosis can be described as a trance state. We all experience trance-like states naturally, for example, when we are having a day dream. Your therapist will guide you into a relaxed trance state where suggestions are given to the subconscious mind.

It is not recommended for anyone experiencing an acute psychotic episode.

## During a session, how long will I be under hypnosis?

A typical session in my practice would involve talking through any issues/concerns, establishing goals and checking progress. It would then include around 30 mins of hypnosis targeted to meet your specific needs.

## How can I expect to feel after a session?

You can expect to feel perfectly natural for you, although you will feel very at ease and relaxed. You are fine to go to work/carry on with your day as usual after your session.

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## Find more out about Elaine and hypnotherapy at:

[elainefrazerhypnotherapy.com](http://elainefrazerhypnotherapy.com)

[@elainefrazer1](https://www.instagram.com/elainefrazer1)

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# Alison's Story – Riding to Success

I have been going to Jacqui at The Bingley Physiotherapy Practice for 5 years. My first appointment was for lower back pain exacerbated by a desk bound job combined with a return to horse riding after a 10-year break.

I had a few more treatments for back, shoulder and neck pain but I now try to take a proactive approach and book in for regular, preventative sessions every 6 weeks which keep me pain free and in shape for my riding. Jacqui has helped by providing exercises to do in between sessions, and she has also made recommendations to improve my posture while at my desk and while driving.

As an amateur dressage rider, I am quite aware of my body and my

posture and am working to correct a slight twist in the ribcage which can affect my riding position and the influence I have on the horse. I am now working towards advanced level dressage which requires finer, more precise movements and the ability to use the core to stabilise while isolating certain muscle groups.

I also work with a personal trainer to try and address some of the areas of asymmetry and to strengthen my core and glutes and loosen my shoulders, which can become tight resulting in a round-shouldered posture. I feel that regular physio has made a definite contribution to the last two years of competition which have been extremely successful. I came second in the Advanced Medium Bronze Area Festival Final, qualifying for the



Winter Championships in April 2019. I also rode in my first Advanced test which meant I could compete in a tailcoat for the first time.

## RECIPE

### Cashew and Almond Fruit Tarts

#### Ingredients

##### For the cases:

1¼ cups soaked (8-12 hours) almonds, rinsed, drained, patted dry  
¾ cup dates, roughly chopped  
3 tbsp coconut oil

##### For the cream:

1 cup soaked (1-2 hours) cashews, rinsed and drained well  
Juice of 1½ lemons and zest of 1 lemon  
5 tbsp coconut water  
6 drops liquid stevia  
1 tsp vanilla extract  
Fresh berries and mint leaves



#### Directions

1. Put almonds, dates and coconut oil in a food processor. Blend until the mixture sticks together. Roll into small balls and place into the holes of a mini tart tin.
2. Use wooden dibber, the end of a wooden spoon or your fingers to press onto each ball, creating perfect cases.
3. Chill tart shells for at least 15 minutes.
4. For the cream, put cashews, lemon juice, zest, coconut water and stevia into a blender. Process until smooth and creamy.
5. Run a knife around each tart and ease out of the tin. Put a spoonful of cream in each case, topping with berries and mint leaves.

*These will keep refrigerated for one day, three days without the fruit*

## SKINNY BOB'S CORNER

The gastric acid in your stomach is so powerful that it is able to eat away an iron table in about 5 minutes.

Why doesn't your stomach digest itself? That's because your stomach manufactures a new lining every three days to avoid this!



# A good year!

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changes to their lives are the ones who can keep going even when the actions become monotonous, and they are losing focus and motivation. Doing that run in the wet, cooking that meal rather than ordering a take out, reading another chapter of that book.

- The next step is turning these actions into your good habits; maybe even breaking a few bad ones along the way. James Clear's book 'Atomic Habits', explains that habits become so due to these four steps:

- » Cue
- » Craving
- » Response
- » Reward

The key to achieving these is to make the habit:

- » Obvious
- » Attractive
- » Easy
- » Satisfying

- Start in small, but consistent steps and link the new behaviour to something that you already do every day, like brushing your teeth or making a cup of tea.
- One of the biggest challenges for us as physios is educating, encouraging and guiding our clients to commit to the process of doing their 'homework', e.g. postural & movement retraining or exercises. It's hard to build in time into our busy lives, hard to start new,

good habits but isn't having a healthy body worth it?

- You could put yourself in a culture where your desired behaviour is the norm. A beautiful example of this is runner, Sam Swift, who set up Trail Snails for non-runners embarking on the 'Couch to 5K' programme and has created an incredible connection and spirit between these amazing people. It was my absolute pleasure to do some work with them before Christmas.
- One of my favourite habits is walking my gorgeous dog Jess, definitely the best way I've found of making you go out in the fresh air, whatever the weather!
- Once the habit becomes automatic, reflect and review it to check that you are spending time on the things important to you and who you want to be. Remember, you are working towards YOUR goals, to master a skill, to become the person YOU want to be.

And me? I'm working on doing less! Making small, regular, daily time for me to do nothing! And time for deliberate practice and study towards mastery, to be the therapist I want to be.

We look forward to sharing our expertise and ideas with you over the coming year. Watch out for details of our workshop programme and other events on email, Social Media and advertised in the practice.

Be kind to yourself, trust yourself and always do your best each day. **"It is only possible to live happily ever after on a daily basis"** – Margaret Bonanno.

## My Achilles Heel

One of the most common injuries we see is Achilles tendinopathy, a chronic condition most commonly seen in endurance runners. The Achilles is the tendon that attaches the calf muscles to the heel bone. Typically, people complain of stiffness in the Achilles first thing in the morning, that wears off through the day. We usually only see people once the pain starts to impact their running.

The injury does not have one clearly defined cause, but we do know that the collagen fibres in the tendon become inflamed, causing stiffness and pain, and this disruption to the fibres often creates a 'bump' in the tendon.

There are two types of Achilles injury: the acute 'reactive' tendon from increases in training load – either increasing training distance or, intensity or frequency; and a 'degenerative' tendon when the problem is more longstanding. Early management of the problem is the key to success.

Research in this area is continually evolving and recommended treatments change accordingly. Biomechanical assessment, soft tissue

and joint mobilisation, concentric and eccentric loading programs and Shock wave Therapy (SWT) all form part of rehab.

A recent research project carried out by the Private Physiotherapy Educational Foundation (PPEF) looked at associated risk factors in the general running population

1. Previous calf pain.
2. Ankle stiffness.
3. Regular calf stretching – evidence suggests it is better to use an active warm up or strength training rather than stretch to reduce injuries.
4. Regular strength training - if this does not include calf strengthening.



5. Orthotics – a sign of other foot problems and may increase stress on Achilles.
6. Previous tendinopathy.

If any of these sound familiar, then get in touch with us to discuss how we could help you.