



Touch Base July 2020 issue

Welcome everyone. What a strange altered reality we have all been living in since lockdown. There is good news on the horizon with the phased lifting of restrictions, but most importantly for us **Viney Hall is opening on 6th July for those of you who require urgent face to face physiotherapy, and those requiring acupuncture.** We have a team of very experienced therapists with a host of skills and techniques to help you move better and lessen your pain. Our aim is to empower you to return to the things you love, feeling stronger, fitter and more confident.

Initial screening for face to face appointments will take place via telephone or video consultation and only those patients who cannot be treated remotely will be invited to attend clinic. Strict guidelines for appointments are in place. For more information visit <https://www.vineyhallphysio.co.uk> or call on 01594 516810

On-line live zoom Pilates and video subscription will continue until September 2020 at the earliest

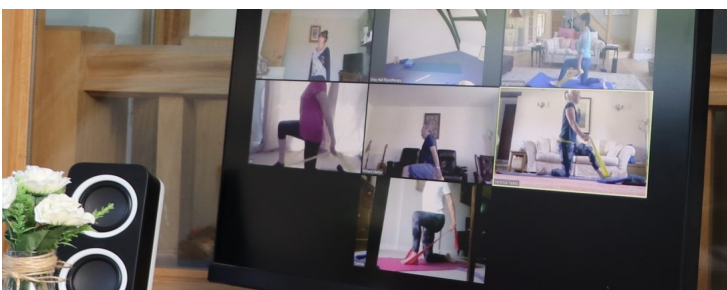
As restrictions remain in place for group activities we are unable to offer face to face classes. However, you can continue to enjoy online live Pilates classes via zoom or sign up to the video subscription club. Online classes range from 'gentle' to 'advanced' and fill up quickly so to book a place go to:

<https://www.vineyhallphysio.co.uk> or call 01594 516810

The video subscription club offers a new top quality video each week of the course for you to keep and play at your leisure. There are regular workouts, Men and Women's Health, Pilates for Cyclists, Pilates with a Chair, on a bed, and Neck and shoulder Pilates....and more.

Why not do Pilates with a group of friends? No matter where you live you can all join together for some exercise, and fun. Contact Viney Hall to discuss bespoke packages for you and your friends/colleagues.

Email: mail@vineyhallphysiotherapy.co.uk or call 01594 516810



Online live zoom classes and the video subscription club have been a highlight for many of us during lockdown.

Thoughts from our Traditional Acupuncturist,

Helen Hayes.

As lockdown restrictions are slowly being lifted and the phrase "the new normal" is being heard, I thought I would share a couple of reflections and hopefully some reassurances for the coming weeks ahead.

Firstly, it has undoubtedly been a very tough time. With many doctors and support services operating at partial capacity or not at all, I am acutely aware that many conditions, particularly pain, have gone unaddressed. Thankfully, with acupuncture being allowed again, I can now offer help to anyone suffering with pain or needing support to manage a chronic condition.

It's certainly been a period of stress, anxiety and poor sleep habits (and I include myself in there) all of which can take a toll on the immune system. Now is a great time to take lessons from those weeks and ask yourself 'what helped me get through?' Was it for example, the increased exercise, the connecting with family, the downtime and the walks in nature or perhaps a new hobby? Discussions on achieving a lifestyle balance and general wellbeing are a fundamental part of an acupuncture treatment and I can't help but think that these will be increasingly prevalent going forward.

If you would like to discuss if acupuncture can help you, don't hesitate to get in touch.

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'The Zoom worked well, it was much easier to exercise with others and the most surprising thing I found was that it was mood lifting, to do this remotely, but live and with others.'

'Thank you for the class- it was fun and great to see other humans!!'

'Really enjoyed today's class, it worked really well and it was so uplifting.' [Don't forget to book you place!](#)

What will be different when you visit for an appointment?

The therapists for a start!



PPE will be worn by the therapist to ensure you are both as safe as possible. Only a limited number of staff will be working at the practice to limit contact. Social distancing will be adhered to as much as possible, with the minimum time possible spent in direct contact with the patient. Appointment times will be arranged to avoid more than one person coming and going at any time. Very strict cleansing routines between each patient will continue.

Patients are expected to wear a face covering for their appointment. This will be provided for you if you do not have one of your own.

This month's Physio Tip

Working from home/using a laptop causing aches and pains? Here are a few helpful tips:

- When seated make sure your forearms are level with your desk or table and your hips are higher than your knees. Don't have an adjustable chair? Use cushions to raise you to the right height. Use a cushion or a rolled towel to support your lower back.
- Make sure your screen is centred and approximately an arm's length away. The top of your screen should be at eye level, slightly tipped away from you. Using a laptop? Raise your laptop on a box or some books, use a separate mouse and keyboard.
- Feet not getting enough support? Use a box or a pile of books to help.
- Take regular short breaks and move around.

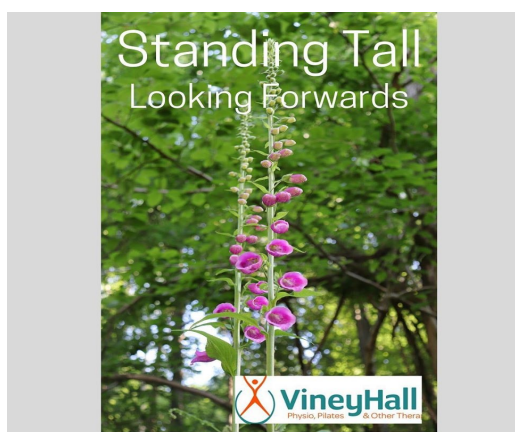
Online video consultations really do help.

Here's what some patients have to say:



'Pip has worked wonders on my shoulder over the last two weeks-through zoom 1:1appointments. She identified the problem with my shoulder, then went through the exercises I needed to do to strengthen it, and then sent me a pdf of tailor-made exercises to follow. I am recommending Viney Hall physio zoom link to all my friends near and far. After all, it doesn't really matter if you are 5 miles or 5,000 miles away during these days of social distancing and self-isolation'...Chris

'When lockdown started I felt abandoned following knee replacement surgery but regular video consultations gave me confidence to continue at the right pace with encouragement and clear progressions of my exercises towards recovery. I felt safe'...Alan



Thank you to everyone who has supported us during this tricky time. We have tried hard to keep a service going for our clients, and really appreciate your support.

Please register on the website in order to receive the latest news as soon as it is published.



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