



# LBhealthcare



## Autumn/Winter Newsletter 2016

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**Come along and see us at the following events:**

### Glitz and Glamour Evening – Mayor’s Charity Event

- Thursday 17<sup>th</sup> November 7pm-10pm
- Ferneham Hall, Fareham
- Tickets £10 from Ferneham Hall Box office
- Ladies come and enjoy a night of fashion, shopping and pampering
- Mini makeovers, LBhealthcare Sports massage taster, Jewellery, Accessories, Crafts
- Fashion show supported by Sainsbury`s



### Senior Citizens Fair – Hosted by Suella Fernandes MP

- Friday 25<sup>th</sup> November 3pm- 5.30pm
- St John the Evangelist Church, 1 Upper St Michael’s Grove, Fareham.
- Free entry
- Physiotherapy and sports massage tasters
- Zumba Gold taster class (Aimed at ladies over 50)
- Health and fitness
- Voluntary services, home support, financial advice and bereavement services

**Sports Massage** – and not just for sportspeople! Sports massage can benefit anyone with tired or aching muscles – why not take advantage of our latest offer?

**5 Sports Massages for only £100**

**Pilates class** - Spaces available for Saturday morning beginners.  
Please contact Denise on [denise@dragonfly-wellbeing.co.uk](mailto:denise@dragonfly-wellbeing.co.uk) or call 07765038697



# Myofascial Release (MFR)

What is Myofascial Release (MFR)?

Myofascial Release is a safe and very effective hands-on technique that involves applying gentle sustained pressure on the skin releasing chronic tightness and pain in the muscles or joints. A low load (gentle pressure) applied slowly will allow a viscoelastic medium (fascia) to elongate, releasing tension and pain.

Therapists are taught to feel and stretch slowly into the fascial network to feel and release the fascial restriction. The MFR technique is very different to that of massaging muscles, tendons and the ligaments of the body, being very slow and gentle. A time element is a vital factor; the fascia cannot be forced as it will naturally meet that force in return. Hence the MFR therapist provides a sustained, gentle, pressure for at least five to ten minutes allowing the fascia to elongate naturally and return to its normal resting length restoring health.

What do I need to know about the treatment?

Each Myofascial Release treatment session is performed directly on skin without oils, creams or machinery. This enables the therapist to accurately detect fascial restrictions and apply the appropriate amount of sustained pressure to facilitate release of the fascia, normally around 5 – 10 minutes to allow the fascia to elongate naturally. Each treatment session will last approximately 1 hour.

What can Myofascial Release be used to treat?

Myofascial Release can be used to treat a variety of conditions from chronic pain, neurological dysfunction such as stroke, brain injury or Parkinson's Disease, etc. It can be used as a standalone therapy or to complement other treatment approaches.

To learn more or discuss our approach with a therapist contact LBhealthcare direct.

Email [Helen.pound@lbhealthcare.co.uk](mailto:Helen.pound@lbhealthcare.co.uk) or telephone 01489-569888



## BrightsidePT

We are the largest personal training company in the area and have teamed up with LBhealthcare. Further your rehabilitation; get into a tailored exercise program. We will take you through exercises that will help improve your core strength and posture. We will also help build your core strength and tone in the safest and most efficient way. Drop a few pounds to put less stress on

the body. For enquiries contact: [Mail@brightsidept.com](mailto:Mail@brightsidept.com) or 07811449530.



**Join our well-equipped private Gymnasium for only £25 a month with no joining or induction fee**



## **NEW IN OUR GYMNASIUM**

The MOTomed Viva 2 is an effective and reliable passive/active exercise machine. With the press of a single button, the intelligent software of the VIVA2 starts smooth and gentle exercise. Cycle forwards and backwards - passively with the motor, slow or fast - or actively with your own strength, using finely tuned gears. The MOTomed movement trainer is especially suitable for people with limited mobility and those who are wheelchair users. We currently have patients who have had double knee

replacements using our MOTomed, helping greatly with their rehabilitation.

**Gift**   
**Vouchers**  
**Available**

**Vouchers are available at LBhealthcare. You may purchase individual or package vouchers for Sports Massage, Hydrotherapy and general use. A great Christmas present. Please ask at reception for more details.**



Hill Head Podiatry



## **General foot health advice from your Podiatrist**

Registered Podiatrists (Chiropodists) are trained to provide care for feet and the lower limb. They are able to treat most common foot problems. Some of these develop from illness, some are inherited and some arise from pressure, for example from ill-fitting footwear.

### **Following a daily foot care routine helps to prevent potential foot problems and infection.**

Feet should be washed daily in warm soapy water and dried carefully between the toes.

If you are able to reach and see to trim your toe nails, do this following a bath as they will be softer then. Using nail clippers, trim straight across the nails; not too short or down the sides. Filing nails may be easier.

Minor abrasions and cuts should be covered with a clean dressing. If healing is delayed, professional treatment should be sought.

Any wounds occurring where healing is impaired, for example if blood circulation is poor, should be treated urgently within 24 hours, particularly if there is redness, swelling, or if you have been advised to do this previously.

### **Exercise and rest will help to take care of your feet.**

After a long day, sitting with your feet up can help circulation and reduce swelling. Gentle massage can help refresh feet.

To keep feet supple and with good range of movement, regularly do calf stretches. Stand facing a wall with feet hip width apart and knees slightly bent. Use your arms to lean against the wall for balance. Take one step forwards, keeping this front leg bent and lean in towards the wall, stretching the leg behind out straight. Both feet should be flat on the ground. As you lean in, you should feel your calf muscles stretching in your calf and heel. Hold this position and then slowly return to standing and repeat about five times. If you experience problems trying to do this, seek further help.

Make circles with your feet in both directions and circle the alphabet with your feet, whilst keeping your legs as still as you can. Straighten your toes and wiggle them. Point and curl toes.

### **Caring for skin on your feet**

Hard skin and corns can be filed using a foot file, emery board or pumice. Do not cut corns for yourself or use "over the counter" lotions or acids unless prescribed.

Fungal skin and nail infections can be treated with topical applications, as recommended by your Podiatrist.

Dry skin should be treated using a moisturising cream, applied all over the foot, except for in between the toes.

It is particularly important that prompt treatment be sought for burns, cuts, breaks in the skin and unusual temperature or colour changes, particularly if you have conditions such as diabetes.

For more details contact [elly@hillheadpodiatry.co.uk](mailto:elly@hillheadpodiatry.co.uk) or call 01489 569888



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## CHRISTMAS AND NEW YEAR HOURS

**Saturday 24<sup>th</sup> December CLOSED**  
**Sunday 25<sup>th</sup> December CLOSED**  
**Monday 26<sup>th</sup> December CLOSED**  
**Tuesday 27<sup>th</sup> December CLOSED**  
**Wednesday 28<sup>th</sup> December 9am – 12pm**  
**Thursday 29<sup>th</sup> December 9am – 12pm**  
**Friday 30<sup>th</sup> December 9am – 12pm**  
**Saturday 31<sup>st</sup> December CLOSED**  
**Sunday 1<sup>st</sup> January CLOSED**  
**Monday 2<sup>nd</sup> January CLOSED**

Please visit our website at [www.lbhealthcare.co.uk](http://www.lbhealthcare.co.uk) or Email: [admin@lbhealthcare.co.uk](mailto:admin@lbhealthcare.co.uk)

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