



Hands On

Wadsworth Osteopaths ■ Newsletter ■ April 2014



In this issue

- **Case study – a patient with Parkinson's**
- **News**
- **Bank Holiday Opening**
- **10 Tips for Gardeners**

Welcome to the re-launched Wadsworth Osteopaths Patient Newsletter.

The Newsletter was a regular and popular feature several years ago. We were printing and posting thousands of copies to our growing list of patients and sadly costs forced us to put the project on hold.

Now that many more people are using email we are re-launching the newsletter with a new focus on helping patients understand what we have available and what conditions can be helped. We are also running articles to help you improve your **Health and Fitness** as well as regular News and **Special Offers**.

We are very happy to hear your feedback. If you have any ideas or requests do let us know.

Case Study – Parkinson’s Disease

I was diagnosed with Parkinson’s Disease 12 years ago. I have been looked after by my GP, Neurologist, Neurophysio and the Parkinson’s Nurse team who have given their best care over the years. The medication has worked well for me and I have kept pretty fit.

Approximately 1 year ago I started to have problems keeping upright when walking or standing. This got steadily worse to the point where I was unable to walk more than about 50 yards before I was so stooped forward I had to stop. Usually I would manage to get to the next lamp-post along the street - I would walk my hands up the lamp-post until I was reasonably straight and then I could go again until the next lamp-post when I was bent double and would have to do the same again. This made for pretty slow going and made simple activities like going to the shops a real problem.

I turned to Osteopathy after seeing by chance, a Parkinson’s newsletter announcing that an osteopath (Mr Wadsworth) was speaking at the next local group meeting. I wasn’t at the meeting but this prompted me to give it a go and booked an appointment.

The effects of the osteopathy treatment worked straight away and I left the surgery much improved after the first visit. After a couple of sessions my walking had improved so much that I was able to walk a good distance without having to resort to the lamp-post trick.

I do realise that the Parkinson’s is here to stay, but I have continued to have treatment because the ‘hands on’ approach is so beneficial to my well being and quality of life.

The osteopath says:

I would like to thank my patient for telling his story. We often see people who come along (sometimes by chance) not sure whether their problem can be helped. In this case the main condition was Parkinson’s Disease. We don’t of course claim to treat Parkinson’s Disease but there is potential to allow people to lead an easier life by helping some of the most troubling effects.

In this case there was a severe stoop, which is characteristic of a rare complication of Parkinson’s called **comptocormia**. We were able to stretch muscles, improve mobility in the hips and spine and correct alignment.

My patient responded particularly well partly, I think, because he has been able to keep himself so fit and active despite his struggle with Parkinson’s. The condition does cause muscular rigidity and tremor which drugs will help with, but physical treatment – aimed at stretching and loosening the stiff areas, along with carefully designed home exercises – can help to maintain an active physical life for longer.

News – Babies and Grandchildren

- For those of you who haven’t been in for a while Marilyn Millings (our Senior Receptionist) retired last October after 15 years with us. Marilyn and Chris have now moved to Cheshire to be closer to family and are by all accounts enjoying their new life
 - Kirstie is back with us again (look out for the next issue) after a spell off on maternity leave. ‘Baby’ Lois is nearly 3 years old now (unbelievable!) and doing well.
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Bank Holiday Opening

- Good Friday 18 April - normal opening Cottingham surgery
- Easter Monday 20 April – Closed
- May Day Bank Holiday 5th May – normal opening Beverley surgery
- The other May Bank Holiday 26th May – normal opening Beverley surgery

Top 10 tips for Spring Gardeners

After the dark and cold of Winter, the longer days and a bit of warmer weather make us think of getting the garden back in shape. Many of us have been inactive over the Winter months and we are tempted to try and do a fortnight's work in a day when the weather improves. Gardening is great exercise but make sure you don't come a cropper and put your back out. Here are some tips to help you avoid trouble this Spring:

1. **Wear the right clothing.** Spring Days can still be quite chilly so wrap up warm.
 - Make sure vests and shirts are tucked in - a bare bit at the bottom of your back can make the muscles cold and increase the chances of straining something.
 - It is a good idea to use a few layers, then take something off as your body warms up
 - Most heat is lost from your head so use a hat if it's cold.
2. **Warm up.** Start with gentler jobs eg. light pruning or weeding then something a bit more vigorous eg. cutting grass and then the heavier jobs, like digging. Towards the end of a session in the garden it is good to do the same in reverse so your body gradually eases down.
3. **Rotate Jobs.** Swap from one job to another rather than keeping on until you are exhausted. For example do a bit of weeding – then some grass cutting – then some hedge trimming - then some digging but rather than doing each job till you have finished leave half of it for the next cycle and repeat (weeding, grass-cutting, hedge trimming, digging again). This pattern usually means that you will be able to get more done in a session because you don't go on until you are fatigued with each task.
4. **Tools.** There are many tools on the market. Find the ones that suit you best. Think about:
 - Long handled tools (spades, forks, hoes, long-handled loppers). You don't have to bend so much with long handled tools
 - Use the most appropriate lawnmower for your lawn. A larger more powerful mower for a bigger lawn. Smaller lighter mowers for smaller lawns.
 - Electric mowers and hedge trimmers can be just the job for small gardens but for larger gardens you may need to think about petrol tools.
5. **Use knee pads.** If you have to do a lot of kneeling knee pads are a great idea. Also it helps to alternate between kneeling on both knees, kneeling on one knee and crouching.



6. **Use decent boots or wellies.** Keep your feet warm and dry with good boots or wellies. An extra pair of socks can be helpful too.
7. **Gloves.** There are many different styles of gardening gloves available. Use ones which you find comfortable and are suitable for the job you are doing. Heavier ones for heavy jobs, lighter ones for delicate jobs.
8. **Keep blades sharp.** The job is always easier if you use sharp tools. So before you begin get your secateurs and your lawn-mower blades sharpened. Sharper tools = less effort. Even your hoe works better if it has a sharp blade.
9. **Be careful with bending.** Bending from the waist for long periods tends to put extra strain on the lower back. So keep straightening up or use other positions (kneeling or crouching)
10. **Take a break.** Sit back, have a cuppa or a glass of something, and admire your handiwork.

And if you do come a cropper in the garden and hurt your back or strain your muscles ask you GP or osteopath for advice.



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