

# IN A NUTSHELL



WALNUT GROVE CLINIC. Slade Road, Portishead, North Somerset. BS20 6B|

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## Who's Who?

### Osteopathy

Zara Ford  
Alex Prince  
Kathryn Harper  
Steve Harper  
Esther Barton  
Gemma Sperring

### Chinese

#### Medicine/Acupuncture

Dr Zhang Tong

#### Holistic Massage

Michelle Jenkins

#### Sports Massage

Tom Riddell

#### Physiotherapy

Linda Isaacs  
Tanya Hewitt

#### Hypnotherapy

Gary Condon

#### Homeopathy

Wendy Heath

#### Pilates

Justine Blaber  
Gemma Hitchins  
Rebecca Rock

#### Suspension Training

Jo Gallagher

#### Meditation/Mindfulness

Fiona Boag

#### Sports Medicine Dr

Jonathan Williams

**Reception** - Sheelagh, Sue,  
Carole, & Jane

## Acupuncture

Acupuncture is recommended for treating painful conditions in many international and national guidelines based on systematic reviews of the evidence. In the UK this includes NICE (the National Institute for Health and Care Excellence) guidelines for headache and migraine and in the USA the American College of Physicians guideline for back pain; just two examples among many authoritative guidelines.

The best review on acupuncture and chronic pain was funded by the NHS and posted on their website: acupuncture is effective for back pain, headache and knee OA, and the effects are long lasting. The evidence for acupuncture on chronic pain is as good as for any of the orthodox medical treatments, and some recognised and accepted drug treatments are associated with serious adverse effects.

As for China, in 2018 acupuncture is used routinely alongside Western medicine. An approach to supporting patients is as professional acupuncturists believe should also become the norm here in the UK.

In China in 2018, a substantial proportion of the country's health budget is spent on traditional Chinese medical practices, including acupuncture. Every province has traditional Chinese medicine hospitals and Chinese medicine departments are also found within Western medical hospitals. The two systems operate side by side throughout China's current health services.

· There's solid evidence for acupuncture for various pain conditions, including chronic low back pain, headache, migraine, knee osteoarthritis and postoperative. There's also promising evidence for many more pain conditions, but there needs to be more high quality trials to be funded to confirm it. This evidence comes from systematic reviews of randomised controlled trials, the gold standard for medical evidence. The trials and reviews are carried out by medical scientists.

· There are more than 1000 official recommendations for acupuncture across the globe, across many different conditions, a lot of them for pain. Most of these have been developed by specialist groups working with governments or health authorities, and largely they are based on systematic reviews of the research evidence. This is true also for the dozens of recommendations for acupuncture by the NHS, nationally and locally.

## Out and about in the Garden

Finding a health and fitness regime we enjoy and want to continue in the long term can be elusive for so many people. Jogging can be exhausting, spin classes daunting and yoga just sends us to sleep – making it a struggle to get that all important exercise.

Did you know that gardening can boast many of the health and fitness benefits provided by jogging, swimming and walking.

All the different aspects of gardening will offer their own unique health and fitness benefits.

Mowing the lawn, creating plant beds or laying paving. These forms of gardening can get your heart beating a little faster, providing a good workout.

Other forms of gardening such as pruning are good for giving the hands and arms a workout – great for reducing the chances of developing conditions such as osteoporosis.

Or for a more general workout, pulling weeds and digging holes can use muscle groups from all over the body.

## Pregnancy

Many pregnant women experience musculoskeletal symptoms or symptoms linked to the musculoskeletal system in pregnancy.

The body goes through huge change, not just weight and shape but also hormones that effect a variety of systems but also the laxity of the ligaments throughout the body. These hormones are active in the first trimester not just at the end. If you are already a bit mobile then this increase in ligamentous laxity can have an effect on a variety of structures in the back, shoulders, elbows, feet etc..

### Common complaints

Generalised back pain

SPD - symphysis pubis dysfunction - discomfort of the joint at the front of the pelvis

Sacroiliac joint pain - often associated with lower back pain

Sciatica and leg pain associated with back pain



Rib and thoracic spine problems that can lead to breathlessness and difficulty in deep breathing.

Heartburn

Neck ache and headaches

Carpal tunnel - tingling in hands

Plantar fasciitis and foot pain

**Difficulties are** - many medications that people would normally take in pregnancy are not advised even paracetamol is now not advised.

But your pregnant not sick - something can be done

Osteopathy, Physiotherapy and Acupuncture can offer an alternative drug free approach to help with the above symptoms

A few practical things that might help

Take particular care when lifting - this is especially important if you are already a mother - try not to carry a small child on one hip for any length of time.

Care bending and twisting like getting your toddler into a car seat - encourage some self-reliance - you will need it when the baby is born!!!

If standing for any length of time, vary your position frequently. Avoid sitting for long periods and try to get up and move around regularly.

Encourage movement at the ankle by going up on to tip toes sitting or standing - this helps the calf pump work to get the blood back up from the lower legs, this helps prevent pooling and may decrease the risk of varicose veins

When sitting adopt a posture that supports your low back, thighs and feet and avoid crossing your legs - again encouraging drainage.

When lying on your side at night you may find a pillow under your bump and another between your knees to offer support to the pelvis and keep it level.



Well – what is going on?

I have been sat on the counter keeping an eye on the comings and goings for the last couple of months.

It must be about time I had an adventure?

Kathryn and Steve didn't invite me on their recent holiday to Holland but maybe waiting to take me on their next one!

### PLEASE BE AWARE

You may all be aware that the GDPR (General Data Protection Regulation) comes into force on 25<sup>th</sup> May 2018.

Once our Medical History form has been redesigned to incorporate the new regulation, every patient will be required to complete a New Medical History form before treatment can be completed.

### Medical Puns

- “Statistically.... 9 out of 10 injections are in vein.”
- “PMS jokes aren't funny; period.”
- “Did you hear about the guy whose whole left side was cut off? He's all right now.”
- “I once heard a joke about amnesia, but I forgot how it goes.”
- “I tried to look up impotence on the Internet, but nothing came up.”
- “Conjunctivitis.com — that's a site for sore eyes.”
- “URINE: opposite of 'you're out.'”
- “There was a sign on the lawn at a drug rehab centre that said 'Keep off the Grass.'”
- “He was wheeled into the operating room, and then had a change of heart.”
- “I don't find health-related puns funny anymore since I started suffering from an irony deficiency.”

### Contact Details

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