



IN A NUTSHELL



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Volume 11, Issue 12

December 2018

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 &
Laura

Why would I need orthotics?

A lot of people suffering with knee pain, foot pain, tight calves and the like don't realise that custom orthotics can reduce these symptoms.

How amazing it would be if we had perfect feet and perfect posture.

In our work at Walnut Grove we never see that rare beast!!

Orthotics are inserts in your footwear designed to support your foot's natural structure.

Because they affect the way we stand and move, orthotics can change the pattern of forces and stresses throughout the musculoskeletal system.

If you have plantar fasciitis, metatarsalgia, hallux valgus, Achilles problems or ankle instability, you can benefit from orthotics.

However it doesn't stop there – your feet are the things that hit the ground but reaction forces travel throughout the body so how the feet function can have an effect much further afield even up to the shoulder or the neck.

It's always important to try to get to the root of a patient's pain or lack of function, sometimes rubbing the sore bit helps but more often than not the pain will return and a more longer lasting solution is required.

But how do we know if the feet are the problem?

At Walnut Grove, Lisa Williams a specialist physio in orthotics and bracing can assess your feet and your gait using a specialist scanner, which looks at the forces when you walk. Interpretation of the results will give Lisa an indication as to whether the foot is working well and then looking at the way your whole body moves, a decision can be made as to whether a custom orthotic to help foot position might reduce symptoms.

But surely feet are designed to work without shoes or orthotics?

Our feet were designed to be bare and used on a variety of mixed surfaces – most of us wear shoes from very little children and walk on hard surfaces like tarmac or the office floor – so our feet don't develop the musculature to help support them. Exercises can help not just foot musculature but also up through the body but sometimes it can be beneficial to help the function by putting the body in the correct position and from there, develop strength. Quite often we can exercise people out of orthotics and build the strength so the orthotics are no longer needed.

If you have a problem, which is worse on activity or weight bearing exercise – think about a consultation to look at those things on the bottom of your legs!!!

CHRISTMAS OPENING HOURS

An Osteopath will be at the Clinic on the following days:-

24th December - emergency service
25th - 26th inc. - closed
27th, 28th - emergency service
Saturday 29th only Dr Tong and Gary in

31st - emergency service
1st January - closed
2nd - Normal hours



If you need an emergency appointment over the Christmas/New year period, please phone the Clinic before 10am and we will do our best to fit you in the same day.

How to have a healthy Christmas

There are lots of traditional aspects to Christmas... the mince pies, the turkey dinner, the portly gentleman in red who manages to squeeze down the chimney every year. Being healthy is not really one of them.

Christmas time and healthy eating don't really seem to go together.

On average, people consume as many as 6,000 calories on Christmas Day and just one mince pie contains around 250 calories. It's very, very easy to overindulge. Having a high-calorie Christmas probably wouldn't be such an issue if the indulgence were restricted to December 25. The problem is that many view Christmas as a "festive period

The danger is that Christmas extends to weeks of entertaining and every occasion involves crisps and snacks. One of the things suggested is that you try to limit Christmas eating to just the day itself, rather than the whole festive period. It's about damage limitation!

The party season is lined with "all you can eat" buffet options, from vol-au-vent to chicken wings. Don't graze by the buffet table. You can end up eating a lot more than you realise. Fill your plate, sit down and eat - and don't keep going back for more!

If you dislike the bloated feeling Christmas gives you, it is possible to make the most of the season's healthier aspects (and yes, there are some!)

Instead of surrounding yourself with crisps, nuts and mince pies, why not go for healthier options like Clementine's, roast chestnuts or carrot and celery sticks with a low fat dip or salsa?

Try figs or roast chestnuts. Rice cakes and breadsticks are also lower in fat than crisps. One Satsuma has almost 20% of the recommended daily requirement of vitamin C.

Not everything has to be creamy and high in fat.

One good tip is to put out nibbles only as the guests are arriving so you're not tempted to snack.



Always Remember: the greatest gift you ever own is not found in the shops or

your Christmas tree. It is found in the hearts of your family and your true friends.

From Zara and all the Practitioners and staff, thank you for your continued support over the last year.

Are you stuck on what to buy for Christmas?

Why are our gift vouchers so popular at Christmas time?

Simple! They're a fantastic, versatile incentive. Your recipient is rewarded with a gift voucher and they can choose which treatment they would like to use it on.

You decide the amount we, do you the voucher.



All I Needed to Know about Life I learned from Santa

Encourage people to believe in you.

Always remember who's naughty and who's nice.

Don't pout.

It's as much fun to give as it is to receive.

Some days it's ok to feel a little chubby.

Make your presents known.

Always ask for a little bit more than what you really want.

Bright red can make anyone look good.

Wear a wide belt and no-one will notice how many pounds you've gained.

If you only show up once a year, everyone will think you're very important.

Whenever you're at a loss for words, say: "HO, HO, HO!"



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