



## NEWSLETTER

### AUTUMN/WINTER 2021/2022

Welcome back to our bi-annual newsletter, which has been delayed by quite some time!

Since early 2020 we have all been engulfed by a worldwide covid pandemic and it feels like we are only just beginning to come up for air!

The team at BOP hope that you and your families are all well and have survived the demands that this phase has put on us all. Fingers crossed as things gradually re-open we can look forward to a more normal routine.

Who would have thought that in an 18-month period, we would experience 3 lockdowns, a Christmas with no family, working from home and a toilet roll shortage!! So many other big life changes.

The NHS and key workers have done an amazing job keeping us afloat and the incredibly efficient vaccine programme has then enabled people to get out and about again.

At BOP we initially closed from March – June 2020 whilst I worked out what we needed to do to be able to re-open as a safe environment for patients and staff. The practice was stripped back, new protocols and PPE were brought in. Because of this, we re-opened mid-June 2020 and have been able to stay open throughout the following time, including lockdowns 2 & 3.

Your visit to the practice still offers the same excellent level of care with just a few alterations in the routine. Patients have been very supportive and hopefully feel very safe when they're here.

I would like to say a huge thank you to my fantastic reception team headed by our practice manager Karen Hackett and the wonderful team of practitioners. They have all pulled together to be able to make staying open possible.

As well as changes to the building and treatment regimes, we have also had a few changes in the team:-

**Suzanne Gaskell**, our podiatrist, has taken the opportunity to semi-retire and is now only doing home visits a few days a week. We wish her much happiness in her newly found spare time.

**Zoé Oughton**, our reflexologist, has moved to Devon, a place she has always loved and despite some initial health challenges, is now settling in, again good luck Zoé.

**Heather Coppard-Burton**, our mindfulness and hypnotherapist, has decided to focus on her family for a while, but we may coax her back at some point!! Enjoy Heather!

The rest of the team remain the same.



Osteopaths: `

Joanna Cheaney - Tuesday/Wednesday/Thursday

Liz Halsey - Friday/Saturday

Kate Dewhurst - Wednesday

Chris Heywood - Monday/Tuesday/Thursday/Friday

Liz has reduced her hours to be able to do some extra study, whilst Chris and Kate have increased their times.

The osteopathic team work really well together and offer a range of areas of interest, from treating babies and children to the elderly.

**Dee Woodcock**, our physiotherapist, specializes in women's health problems, particularly linked with incontinence and pelvic floor problems and issues arising in pregnancy. Physiotherapy sessions are 45 minutes.

Dee is also offering one to one Pilates sessions. The initial session being 1¼ - 1½ hours to allow for full assessment of the body to locate weak areas that need addressing. Follow up appointments are then about an hour and will involve a progressive routine. People may then be ready to join a local class. Dee is happy to do the occasional re-assessment along the way.

Dee is available here on Wednesday afternoon and Saturday mornings.

**Fiona Bullock**, our acupuncturist, combines both traditional Chinese medicine acupuncture and five elements acupuncture. Fiona treats a whole range of problems and ages of patients, but has a special interest in women's health issues, fertility, and pregnancy. Treatment times are 1½-2 hours initially, 1 hour subsequently. Fiona is available on Monday morning

**Justine Jackson**, is still providing excellent treatments. She is very experienced in remedial massage, reflexology, aromatherapy. She is always preparing bespoke wonderful smelling oils, creams and bath salts to suit individual requirements.

Justine works on Thursday's, Friday 's and Saturday mornings.

**Lauren Coombs**, offers Cognitive Behaviour Therapy, but sadly Lauren has not been able to return to face to face appointments, but we are happy this will happen soon. She is available to do zoom consultations. Lauren also has the exciting news of her wedding, in the near future, so we're all really excited about this!!

**Sally Triner** is a fully trained massage therapist and offers a range of treatments including, Lymphatic Drainage Massage, Pregnancy Massage, Tibetan Acupressure Head Massage and Japanese Acupressure Facial massage. Sally works on Monday and Tuesday's and all treatments are approximately one hour long.

**Karen Hackett** continues in the role of practice manager and has been an amazing support throughout this experience keeping the practitioners and reception team in order! Ann, Claire and Alison have also done more than I have asked to help. Sue Sanders and Lucy Snell have helped with 'fill in' reception and a new member to the reception team is Gill Miller.

The practice continues to be open:-

Monday – Friday 8.30 – 6.30

Saturday – Saturday 8.30 – 1.30

We will have to continue with PPE for the foreseeable future. It'll be great when we no longer have to wear it!

We're hoping to have a Christmas gathering for the team this year and have courses and learning events in the pipeline, including a First Aid refresher in November. It's lovely to be able to learn in company again!!

Lastly, thank you to all our wonderful patients, you have been so supportive throughout this time and that makes it all worthwhile.

Keep well.

Best wishes

Jo Cheaney and team

p.s. I have included a few articles of interest that we have produced throughout this period, enjoy reading them!





## **BRAS**

Most women wear bras, but quite often the first thing they want to do when they come in from work or a long day out is to take them off!!

This is certainly the case if you have a poorly fitting bra.

It's a dilemma trying to work out what to consider when buying a bra.

So, I've put together a few pointers to help you.

Women's breasts vary hugely in size and shape, but their structure is essentially the same. They consist of fat and breast tissue along with nerves, veins, lymph ducts arteries and connective tissue. The connective tissue and fat help give the breast it's shape and support. The breast tissue is there to supply breast milk when needed. The blood vessels and nerve supply keep it all alive and healthy.

Bras help support these structures as well as give women a nice shape under their clothes.

A sports bra will need to provide most support to avoid impact through the body overstretching the structures of the breast, whereas a bra to wear for special occasions doesn't need to be as firm.

A first bra for adolescent girls needs to be softer with no underwiring as do breast feeding bras.

A bra for larger breasts will naturally be more substantial than one for a small cup size.

From an Osteopathic point of view, we are interested in the areas of pressure that a bra creates.

1. Make sure the bra is not too tight around the rib cage or it will restrict your rib function and breathing. If it is too loose, the bra strap rides up your back and all the weight goes onto your shoulders.

2. Similarly don't tighten your straps over your shoulders too much or it creates pressure on the tips of your shoulders.

An ideal balance is to get a snug fit in both areas and the loading shared.

3. A good bra fitter will be an excellent source of advice.

Explain what the bra is needed for - sport, work, evening/short-time wear.

The fitter will be able to guide you on sizing, style and how to fit it properly.

4. It is a good idea to vary the pattern of bra straps to help your shoulders and neck. Try mixing a racerback bra style with over the shoulder straps or halter neck.

5. Once you have a few nice bras it's worth looking at the care and washing instructions to make them last longer. Handwashing or gentle care programs are ideal. Popping the bras into a net bag in the washer also helps.

6. You may still wish to whip your bra off at the end of a day and this is no bad thing either!!

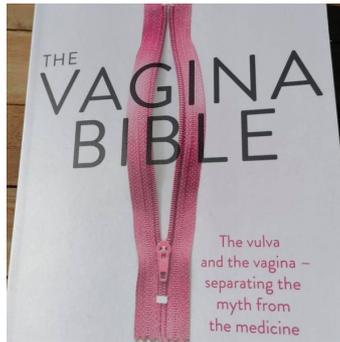
We have some great bra shops near the practice-

<https://www.facebook.com/whatlyesbeneathbramhall/> in Bramhall Village

<https://www.facebook.com/vanillafudge/> in Cheadle Hulme

Enjoy choosing your bras - they can be beautiful and functional too and help you feel comfortable and confident from the inside out.

Jo Cheaney  
Osteopath



## **The Female Body**

The opening line in this fabulous and fascinating book is 'No woman has ever benefited by learning less about her body' Dr Jen Gunter, an expert on women's health, writes with humour as well as authority. She covers everything you need to know about your Vagina and surrounding structures. (And are too embarrassed to ask)!

The list is long but includes: -

Does public hair have a function?

What changes to expect during pregnancy and after childbirth?

How to select a tampon; myth of the G spot; diet and vaginal health: painful sex.

How medicine fails women by dismissing symptoms.

And so much more!!

My book collection is very eclectic and helps me to approach all things Pelvic Health related.

So, if you thought women's health physio was just about treating incontinence... think again 😊

And this, is why I love my job - allowing women a safe and confidential space to say things they've never said to anyone before.

Let me know what you think of the book or if you have already read it - did you find it helpful?

Take care.

Dee Woodcock  
Women's Health Specialist  
Physiotherapist

## Acupuncture and Anxiety

ANXIETY is just part of being human.

If you're going somewhere new, taking a job interview, or giving a speech, it's normal to feel anxious. It's a natural response to stress, a feeling of fear or apprehension about what is to come.

It's only when that gets out of control that it becomes a problem. If these feelings are extreme, don't go away after the stressor has finished or are interfering with your life, that is when anxiety becomes a real problem.

And let's face it, the events of the 2020 have made the most mellow and laid-back amongst us at least a little troubled.

Anxiety disorders include generalised anxiety disorder (GAD), panic disorder, phobias, obsessive compulsive disorder (OCD) and post-traumatic stress disorder (PTSD).

As well as emotional symptoms such as worry, disturbed sleep, irritability and poor concentration, anxiety can cause physical symptoms such as sweating, nausea, diarrhoea, dry mouth, palpitations, shortness of breath, dizziness, cold hands, muscle tension and aches, trembling and twitching.

Also, the symptoms of many physical conditions can become worse with stress, for example, irritable bowel syndrome (IBS), migraines and tension headaches, and back pain.

Acupuncture is a safe and often effective treatment for anxiety and doesn't have the side-effects associated with medications.

Research has shown that acupuncture treatment may specifically benefit symptoms of anxiety as it acts on areas of the brain known to reduce sensitivity to pain and stress, as well as promoting relaxation and deactivating the 'analytical' brain, which is responsible for anxiety and worry (Hui 2010).

In general, acupuncture is believed to stimulate the nervous system and cause the release of neurochemical messenger molecules, thus promoting physical and emotional well-being.

If you'd like to know more about how acupuncture can help with anxiety, please do get in touch.



Take care x

Fiona Bullock – Acupuncturist





## **Tension and Feeding**

How could neck tension affect feeding?

There are many things that can affect the way a baby feeds, including their neck movement. Babies can sometimes have tension in their neck and a preference to look one way. This may mean that babies may find feeding trickier on one side than the other.

So how can we tell if a baby has any neck tightness?

Things to look out for are:

A baby that always looks one way. This is often noticeable when they are sleeping, do they always rock their head to the same side? Sometimes looking through pictures of the baby and seeing if there is a pattern can help!

If they have a particular preference for which side they feed from.

Any flattening on one side of their head. Babies' heads are softer than adults, so if they put more pressure on one side of their head this can sometimes lead to flattening on that side, referred to as a plagiocephaly.

What can we do to help?

One of the best things to do is repositioning, encourage your baby to look to their less preferred side. Trying different feeding positions that they may find more comfortable. There are many to try such as the rugby ball, koala or side lying positioning. There are lots of local feeding support groups available where you can go for more advice on this.

Tummy time, this is a great way for babies to build their neck muscles.

Osteopaths can work alongside lactation consultants to give postural advice related to breast feeding. Osteopathy is very gentle and can include massage that may relax tensions and help soothe your baby.

If you need any advice, please do get in touch



Kate Dewhurst  
Osteopath



## Planta Fasciitis

### WHAT IS IT?

I'm sure you have all heard someone complain about it, maybe you've had it and didn't know it; but what actually is plantar fasciitis.

Plantar Fasciitis is an overuse condition affecting the plantar fascia. The plantar fascia is a layer of soft tissue that stretches along the bottom arch of the foot; It helps to provide stability to the arch of the foot and is similar to a tendon

If too much stress is placed on this structure, over time the tissue can degenerate, weaken, become inflamed and start to cause pain.

### COMMONLY SEEN IN

- Runners
- People who are overweight with a sedentary lifestyle
- People with poor footwear
- Those that have suddenly & significantly increased their training load

### SIGNS & SYMPTOMS

- Pain at the bottom of the heel
- Pain that appears as a gradual onset
- Pain felt first thing in the morning (i.e. taking those first steps out of bed in the morning is classic!)
- Pain that increases with activity and pain felt at night (latter stages)
- Pain felt after periods of prolonged rest during the day
- Tight muscles that help to support the arch of the foot
- Stiffness through foot and ankle joints

### TIMEFRAME

Due to its poor blood supply which is due to being the furthest distance from the heart, Plantar fasciitis is a tricky condition to treat which may require ongoing treatment from a few weeks to several months.

At Bramhall Osteopathic Practice we will assess your overall posture and pinpoint the underlying cause of your pain. Hands on treatment to release tight muscles and improve range of motion of the foot and ankle are a great starting point. This will work alongside a specific exercise plan and appropriate training and management strategies to get you back doing the things you love pain free! If you need any help, advice or would like to book in for a treatment

Look after yourselves

Chris Heywood (M. Ost)  
Registered Osteopath

## Anxiety and Covid

How are you after the rules have been relaxed?

Some people are feeling anxious now restrictions are lifting, even if they didn't have any problems with anxiety before.

So here are some tips from CBT to help you to get back out there, doing the things you love:

1. Take things gradually... but don't completely avoid!

If you don't feel comfortable without a mask, wear one. If you are worried about meeting up with friends, choose one person and go for that coffee at a time that's likely to be quiet.

Small steps will help you to get used to the changes.

2. Watch out for unhelpful thoughts that might be telling you that you can't cope.

Try to remind yourself how you have coped in the past and use the skills you have!

3. Tell someone how you are feeling... I bet you're not the only one!

4. If you think the lockdown covered up a problem with anxiety that you had before, consider seeking help.

CBT might be worth a shot!

Look after yourself and each other

Lauren Coombes

Bramhall Osteopaths





As many of you know, I am a Massage Practitioner passionate about the 'Power of Touch' and believe that massage offers health benefits for everybody. It doesn't have to be fast paced or wincingly painful to be effective.

Lighter touch massage can incorporate elements of several other therapies, including lymph drainage, and can be used on individuals who may be apprehensive about massage pressure. I believe many of us mistakenly deem the elderly too fragile to enjoy the benefits of a nurturing body massage, many of my regular clients would disagree!

Research tells us that the very use of therapeutic touch can support the body's own healing mechanisms, reducing pain, bringing on relaxation and helping your body's systems circulate more freely, releasing blocked energy within the body.

Benefits include the promotion of relaxation and aid in stress relief. Light touch is ideal for those with fibromyalgia, arthritis, elderly and for women in their final stages of pregnancy. This gentler approach is also beneficial for anxious clients. It promotes feel-good endorphins and helps your body heal, even those recovering from trauma or severe injury benefit from this non-threatening & nurturing type of massage.

If you want to feel the benefits of massage but thought massage wasn't for you, please get in touch.

Massage for 'Every Body'

Sally Triner MFHT MCHP

Massage Practitioner