

# Ealing Physio Newsletter



Keeping You Active

December 2014

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## Gift Vouchers for a special Christmas Gift

We can provide gift vouchers for a Sports Massage with one of our Chartered Physiotherapists

please call  
020 8847 1887

or  
[email us](#)



## Join Our List

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Wishing all our customers, colleagues and friends a very Happy Christmas and a healthy and peaceful 2015

warm regards

Christina Carlsen and all the team at Ealing Physiotherapy

## Beware of Back Pain during the Holidays

Back pain is a very common condition we commonly treat after the Christmas holidays. Whether it is waking up from a deep sleep after a night of partying or picking up a heavy Christmas tree (or a heavy present!) the back can be vulnerable to injuries at this time of the year. Here are a few tips we always recommend:

1. Adopt a stable position. The best is to stand with feet shoulder width apart. If you lifting a heavy object, make sure that you move your feet but never bend your back. All motion should occur through the hips and not the lower back.
2. Ensure you have a good hold on the load. This is important because if a heavy object slips, it can jar your back and cause muscle spasm.
3. Always keep the load as close to you as possible.
4. Avoid bending or twisting the back at all times.

This is one of my favorite videos that I recommend to all my patients with lower back pain. It explains how one should bend from the hips and aim to keep the lower back straight. It is a simple exercise but very effective in saving your back. Enjoy!

[Watch video](#)

You can later progress to weight training. Always consult your Physiotherapist before attempting this advanced exercise!

[Advanced exercise video](#)

Carl Cachia  
Senior Physiotherapist

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## Christmas and New Year Opening

We have limited appointment availability between Christmas and New Year

Mon 22/12	12 - 8pm
Tues 23/12	8am - 8pm
Christmas Eve	8am - 12
Christmas Day	Closed
Boxing Day	Closed
Sat 27/12	Closed
Mon 29/12	12 - 8pm
Tues 30/12	8am - 4pm
New Year's Eve	8am - 12
New Year's Day	Closed
Fri 2/1	8am - 4pm
Sat 3/1	8am - 1pm

Normal working hours restart from Mon 5/1/2015

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