

May Newsletter



Welcome to our May newsletter with useful tips on self treatment for sore muscles and back pain! Unfortunately our sedentary culture with prolonged sitting at work, in front of the telly at home and when driving often causes muscle tension and aches made worse by poor posture. We can help you learn good posture and treat your aches, but in the meantime, get up and be active and try out these two ways to treat yourself.

Warm regards

Christina Carlsen
Director Ealing Physio

SELF MASSAGE WITH FOAM ROLLERS
is second best to having a hands-on
massage done by our skilled



physiotherapists. We can teach you how to best do it and can prescribe a self massage program. Also, we know all the contraindications for foam rolling and will make sure you are safe. Great for recurrent aches, to get rid of lactic acid after training and for treating mild muscular back pain! I recommend my patients to self massage using the foam

roller in between treatments to keep the muscles from tensing up. For persistent or acute symptoms, book in to have your condition diagnosed and sorted. You can buy top quality foam rollers that won't bend or lose shape from us for £22.

Watch a few exercises:

[Click here](#)



SPIKY BALL MASSAGE

This is my favourite when I travel. A foam roller would be too bulky to bring but a spiky ball fits nicely in my hand or cabin luggage. I whip it out and give myself a fabulous back massage against a wall to relieve the stress of travelling - awesome! The spiky ball is best used against a wall and does not slip down like a tennis ball would because it is made of SOFT rubber. It can be used on the floor too but I find that more difficult.

We sell them for £7.50 at Ealing Physio.

Watch here how to use it:

[Click here](#)

Appointments
0208 847 1887

[email us](#)

[email Lois](#)

[email Ioannis](#)

[email Greg](#)

[email Karthik](#)

[email Christina](#)

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