

Ealing Physiotherapy Newsletter

September 2014

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**20% off all Sports
Messages
booked**

15 Sept - 10 Oct

020 8847 1887

[email us](#)

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Quick Links

More information on
our [website](#)

Appointments

020 8847 1887

[email us](#)

Contact physios
directly if you have any
questions or any
concerns

[email Christina](#)

[email Carl](#)

[email Lo is](#)

[email Bryan](#)

(Karthik is currently
taking a sabbatical)

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A very warm welcome to our September newsletter!

Last week our children returned to school. See my article below on [Children and Back Pain](#)

With the [Ealing Half Marathon](#) on 28th September, we wish the very best of luck to all our patients who are running in it. Remember we are here to help before the event and after if you need a massage on those achy muscles. For sports massages booked between 15th September and 10th October we are **offering 20% off our normal price**. It applies whether you are running the Marathon or not!

I will be offering free advice and walking stick MOT for Older people on Friday, 26 September - see article on [Older People's Day](#).

Christina Carlsen
Director, Ealing Physiotherapy

Children & Back Pain - Learning to Write

Do you recognise this scenario? Whilst learning to write your child is focusing very intently on shaping the letters. She bends forwards with her face right down by the table, nose close to the pen. The desk or table is too high for her short body as she is sitting on an ordinary chair that can not be raised. [Click here](#) to read the full article.

Christina Carlsen
Director, Ealing Physiotherapy

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Ealing Half Marathon

We are seeing many patients who are running the Ealing Half Marathon on 28 September. If you are running in this or any other running event the advice is:

- In the 3-4 weeks leading up to the race, you should start to taper. Tapering is the time in training when you cut down the volume (reduce training miles) but maintain the intensity to ensure you keep your fitness levels up, giving you better recovery between runs.
- If you develop any symptoms, nip them in the bud by coming straight to us for diagnosis and treatment of problems that do not resolve within 2-3 days. Some of the common running injuries are covered if you [click here](#)