

# WEAVERHOUSE NEWSLETTER

## WINTER 2017



### Preventing slips and falls this winter

Falls are a major cause of injury, especially to older people. Below are some ways to improve safety and reduce the risk of falling this Winter.

Indoors: ensure adequate lighting, reduce clutter, ensure that mats and rugs are secure. Don't rush.

Outdoors: wear adequate footwear to avoid slipping, ensure that pathways are clear and well swept. Don't rush.

A tailored exercise program can improve strength and balance and also help reduce the risk of falling.

**For more information please speak to your practitioner.**

Osteopathic appointments are in high demand so, as a courtesy to your osteopath & others, please provide at least 24 hour's notice if you are unable to attend your consultation. Cancellation fees apply for short notice cancellations or non-attendance. (50% of total consultation fee).

**01270 629933**

## Another busy year for us!

..... We've been very busy this year growing our business and taking on new practitioners.

**What does this mean for you?** We are now able to offer you a greater range of assessment, treatment and management options for not just Osteopathy but also Reflexology, Massage, Acupuncture, Counselling, Hypnotherapy, Reiki and Podiatry. Many treatments can go hand in hand benefiting one another and so may be used in your treatment plan.

### Arthritis during Winter

As the temperature becomes colder it is noticeable that many of our patients complain that their 'bones and joints' ache more. The most common arthritic condition is osteoarthritis, which is when the cartilage in the joint becomes damaged and irregular. This leads to a multiple of symptoms: Joint and Muscle Aches and Pains, Joint Stiffness, Joint Swelling and Joint Weakness.

Arthritic pain is thought to increase during winter due to:

- Change in the atmospheric pressure
- Change in exercise regime
- The effects of cold weather have on our muscles.

It is important in the winter months to dress warmly as this will help keep your muscles and joints warm. It is important to maintain your fitness regime in the colder months as exercise improves joint strength and flexibility, reducing joint pain, and helps combat fatigue.

You may need to plan your exercise regime in the cooler months with indoor activity if you are prone to hibernate when it's cold.

### Could Counselling Help You?



**It's hard to keep balancing those pebbles everyday isn't it.**

What is counselling?  
Counselling offers you a safe, confidential place to talk about your life and anything that may be confusing, painful or uncomfortable. It allows you to talk with someone who is trained to listen attentively and to help you manage issues such as depression, anxiety, phobias, bereavement, divorce and more.

**CALL US TODAY IN CONFIDENCE.**  
We have appointments available with Angela.

**WEAVERHOUSE**  
PERSONAL, CHILDREN AND HEALTH CARE

126 Hospital Street, Nantwich, Cheshire CW5 8RY

**01270 629933**

www.weaverhouse.com or email us or info@weaverhouse.com

**WISHING YOU ALL A SAFE  
AND HAPPY WINTER!**

## New patient referrals, we love them.

At WeaverHouse we love the fact that so many of our new patients come to see us because they have been referred by a family member or friend. Whether it is for Osteopathy or any of the other many treatments we offer, we know we can help.

We love meeting the people that our existing patients want to share us with.



**REFER A FRIEND AND GET 10% OFF YOUR NEXT TREATMENT\*** NEW PATIENTS TO WEAVERHOUSE ONLY. TERMS AND CONDITIONS APPLY.

**25% OFF ANY TREATMENT BOOKED DURING DECEMBER AND JANUARY\*** NEW PATIENTS TO WEAVERHOUSE ONLY. NOT TO BE USED IN CONJUNCTION WITH ANY OTHER OFFER.



## Suggestions for the Application of Ice and Heat



Ice is an effective and natural pain killer and anti-inflammatory.

Ice should be applied over the inflamed area in the acute or early stages of your problem.

Whenever you experience swelling, redness or sharp/stabbing pain it is generally considered best to apply ice.

Repeat until symptoms ease usually for 24 – 48 hours.

Following this you should alternate with ice and heat.

Apply heat for about 20 minutes and then follow with 20 minutes of cold.

Heat is an effective therapy for reducing muscular tension and pain and is best used **AFTER** the initial inflammation has subsided.

N.B. If you do not have ice immediately available, then use a pack of frozen peas or similar item. **ALWAYS** wrap heat and cold packs in a towel.

**We sell Wheaty Warmers and Cold Packs. You can purchase them in Reception.**

If you need further information speak to your practitioner or contact us on

**01270 629933** email [info@weaverhouse.com](mailto:info@weaverhouse.com)

## DID YOU KNOW?

Modern Osteopathy techniques are so safe and gentle that they're suitable for the whole family, including the elderly and even children!

**The Benefits of Reflexology Include:**

- ✓ Supporting your immune system
- ✓ Stimulating your lymphatic system
- ✓ Boosting your circulation
- ✓ Reducing stress and tension
- ✓ Aiding your sleep
- ✓ Reducing headaches & migraines
- ✓ Helping with irritable bowel syndrome
- ✓ Giving you a feeling of deep relaxation

**Do You Have Trouble Relaxing? Busy life? Trouble switching off? No time for "me time"?**

Treat yourself to a reflexology session with Georgina Bell our Registered Reflexologist.

Reflexology tailored to your needs. Would you like to book a treatment?

**CALL TODAY FOR AN APPOINTMENT**

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