

IN BALANCE

The newsletter of Bodybalance Physiotherapy & Sports Injury Clinic

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Welcome to our first Newsletter!

Bodybalance at the Olympics

Olympic fever is well and truly here!

At Bodybalance we are very proud of the achievement that all of our clinic staff have been offered a role at the Olympic and Paralympic Games. A special mention to Nicki Combarro who, along with her volunteer role with cycling at the Olympics, is one of the lead Physiotherapists for Team GB at the Olympic preparation camp in Loughborough.



We're also looking forward to servicing the Olympians from Afghanistan, St Kitts and Nevis, and the British Virgin Islands at their pre-Olympic training camps at the Hertfordshire Sports Village.

A new logo, a new website... and a new name for our North London Clinic

Do you like our new look? We do!

Bodybalance Physiotherapy & Sports Injury Clinic in Hatfield and EC Sports Physio at the Lab in Hendon joined together in 2010 and we thought it made perfect sense to have both our clinics operate under the same name.

We've enjoyed the process of creating a new logo and have worked hard to produce a new website that is packed with helpful information about our services, including a link to our online booking facility. Why not have a browse: www.bodybalancephysio.com



As you can see, we've made a few changes to our outward appearance: but the team is the same and we can assure you that Nicki, Eric and all the clinicians at Bodybalance will continue to offer you the same top quality treatment and service that our reputation has been built on.

 Like us on Facebook.  follow us on Twitter: @bodybalphysio.

Our Muscle of the Month: Hamstring

The hamstring is one of the most commonly injured muscles across all sports: as many as 15% of all sports participants will injure their hamstrings.

The hamstrings are the large group of muscles at the back of the thigh and are usually injured in fast, sprinting type movements. It is falsely believed that not warming up properly is the culprit but, in fact, most people injure their hamstring when they are fatigued - well and truly after the muscle has warmed up!

People feel a sharp, sudden pain in the back of the thigh. It is usually too painful to continue playing sport and that should be a sign that you need to rest and get some ice on it as it is very easy to actually make the injury worse by playing on.

Initial self management should be "PRICE" – Protect, Rest, Ice, Compress and Elevate. Bodybalance can help you return to your sport following your injury with a detailed assessment followed by an individually tailored rehabilitation programme that helps recovery and rebuilds strength in the hamstring.



We're here to help you at a time that suits

We had a great response to our Customer Satisfaction Survey that we sent out in February and have had some really helpful feedback. A common request was for more appointments outside of standard working hours. Here are our clinic hours, which now include Saturday mornings at both clinics.

Hertfordshire clinic: Mon - Thurs 8am - 8pm, Fri 8am - 6pm & Sat 9am - 1pm

North London clinic: Mon 2pm - 7pm, Tues 9am - 8pm, Weds 5pm - 8pm, Thurs 8am - 8pm, Fri 8am - 6pm & Sat 9am - 1pm.

Contact us:

Hertfordshire Clinic:
Sports Performance & Development
Centre
Hertfordshire Sports Village
Hatfield Business Park
Hertfordshire, AL10 9EU
Appointments: : 01707 284910

North London Clinic:
Laboratory Spa & Health Club
1a Hall Lane
London, NW4 4TJ
Appointments: 0208 4573300

All Enquiries: 01707284910
E: info@bodybalancephysio.com

Meet our new admin staff

We're pleased to introduce you to our admin team.

Karen Marshall joined us in November 2011. Karen works Mon-Thurs and her's is the friendly voice that many of you will have heard on the phone in recent months. Karen is a methodical organiser with a background in financial auditing.

Natalie Tomkins joined us more recently and works Wed-Fri. Her background in dental nursing shows in her knowledge and efficiency with our appointments and electronic records systems.

