



LATEST NEWS FROM PHYSIOTHERAPY CLINICS (CHESHIRE) LTD.

EXPERT ASSESSMENT & TREATMENT

# Happy New Year for 2016!

by Jillian Malone BSc (hons.) MCSP

As many of our regular clients will be aware, Physiotherapy Clinics (Cheshire) Ltd finally moved into new dedicated premises almost a year ago! Our new HQ has been an ongoing project for the last 12 months and what a busy year we had in 2015!

Following a full refurbishment of the former Swinton Insurance branch, our clinic on the old High Street has become extremely busy.

## Our team is growing!

We were very excited to welcome new physiotherapists to our team in 2015. Our new physiotherapists are Charlotte Brookes and Nick Murphy, who both have a great deal of experience. Charlotte has worked for both the NHS and various private companies including BUPA. Nick specialises in sports injuries and currently holds a physio position at West Bromwich Albion Football Club.



## New Sports Massage Therapist

We are also looking forward to welcoming Natasha Basilé-Gracey to our team this



Natasha treats both athletes and sports people, as well as the general public for various conditions. Her training not only comprised massage therapy, but also diagnosis and prevention of injuries.

month. Natasha is a dedicated sports massage and deep tissue massage therapist who will be available for appointments from January 19<sup>th</sup> 2016.

## Connect With Us!

Do you use social media? Why not connect with us and say hello? Keep up to date with latest health & fitness tips, and special offers:

- Facebook and Google +: Physiotherapy Clinics (Cheshire) Ltd.
- Twitter: @JillianPhysio
- Instagram: physiojillian

You can also leave reviews on our pages – we are very grateful for feedback as it helps us to ensure we maintain our high standards!

### FOR MORE INFORMATION

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## Physio Fact Corner - The Feet!

The feet account for one quarter of all the human body's bones. You may not give your feet much thought but they are home to more bones than any other part of your body. Of the two hundred plus bones in the body, the feet contain a whopping 52 of them.

Did you know that the shape of your feet can significantly affect other parts of your body? You may have heard of 'flat feet' for example.

Check out the picture below. Flat feet (or *pes planus*) can sometimes lead to hip and knee problems or even low back pain. It is often not the only cause, but physiotherapists may examine your feet in order to identify any problems. Changes in footwear or provision of insoles can often help symptoms a great deal!

