

Feel Great!

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What is Osgood-Schlatter?



Did you know we treat children for conditions such as Osgood-Schlatter? Osgood-Schlatter is a condition where the patellar tendon connects the kneecap to the shin bone (tibia) causing pain below the kneecap, such as swelling and burning pain, particularly when activity is increased. Primarily children between the age of 10 and 16, will generally suffer with this disease as during growth spurts bones can grow faster than muscles, putting strain on the patellar tendon.

Self-help can include;

Reducing or changing strenuous activities to exercise such as swimming

Applying ice for 15 minutes after physical activity

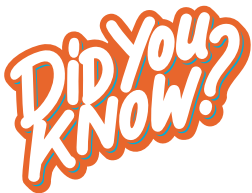
Stretching exercises

If symptoms become severe then see a GP.

If your child has already been diagnosed with this condition, and you would like advice/treatment our physios would be happy to help, just give us a call and make an appointment, or talk to a therapist beforehand. Don't forget to check if your private medical insurance covers family members, as you may be able to claim back costs for treatment.

1 in 10 young people are affected by this condition.

The condition is named after two doctors, Robert Bayley Osgood and Carl B Schattler.



What's inside



Mix of Emotions

Maderotherapy

Specialist Biomechanical Assessment and Gait Analysis

What Shall I Wear

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Visit our website for all of our services
www.premierphysio.com





Mix of Emotions

This month's mix of essential oils have been created by our wonderful massage therapist Marian. She suggests a blend of camomile and mandarin, which is gentle is on the skin, very calming for the nervous system, and helps ease tension and headaches.



Maderotherapy

Lisa, our holistic therapist offers Maderotherapy during her sessions, sometimes known as wood therapy.

Lisa uses a range of 'specialised wooden tools' during her massages to increase lymphatic drainage, reduce appearance of cellulite and increase blood flow, enhancing the incredible feeling of the overall massage experience.



Specialist Biomechanical Assessment and Gait Analysis

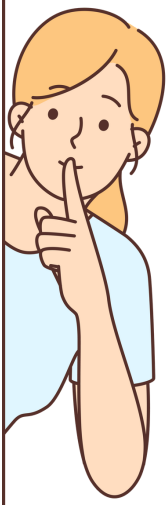
We're delighted to say that our biomechanical and gait analysis service is literally back up and running. Do you need help to ease foot pain, stay active, walk or run pain-free again?

Our assessment is performed by our specialist podiatrist, Dean, with a wealth of biomechanical knowledge. If insoles are recommended for you, there are a variety of options to suit your condition and budget, which will be explained, so you can make the choice.

We're always happy to discuss your needs before booking, as it isn't always easy to know what treatment is right for you. Just give us a call, and one of our therapists will have a chat and give you advice to help you decide.



As well as gait analysis, our Podiatrist, Dean has now taken over from Claire and runs a clinic here every Friday from 9am until 5pm. We've had excellent feedback regarding Dean's treatments, so if you would like to book in to see him give us a call.



... SHHHH!... DON'T TELL CLAIRE...

Oh, and don't worry - we know some of you are concerned about 'cheating' on our lovely Claire, but let us reassure you, Claire doesn't mind and as long as you keep your feet in tip-top condition, you really aren't treading on anybody's toes!

What Shall I Wear?



A question we are often asked is what do I wear to appointments?

The answer is anything goes!

As long, as you are comfortable and clothing is loose enough to treat the affected area(s) then come as you please!

We even have clients attend appointments in their PJs. Especially, the later evening massage appointments, so that when treatment is completed, they can pop their Pjs back on and let the essential oils sink in overnight.

If you are attending physio for a shoulder issue for example, then wearing a vest top would be a good idea, or if it's a knee issue, maybe shorts or roll-up trousers. If you prefer to change when you arrive, our therapists will leave the room for your privacy.

So no judgment here, as long as you are happy, comfortable and receive the treatment you deserve.



Payment reminder:



Please note that all payments are taken upon booking your appointment.

If you make an appointment online, please remember to call to pay over the phone before your appointment date, or alternatively pay via bank transfer using the details on your booking confirmation.

Written by Sharon Carey