

# Feel Great!

PREMIERPHYSIO NEWSLETTER | DECEMBER 2025

## Your Physio Homework CAN Be All Fun and Games This Christmas!

Play it safe this Christmas and don't neglect your physical health by skipping your physio homework.

Your commitment to continuing with your personalised exercise plan is essential to helping you be your best 'active' self.

We understand 'exercise plan' sounds so boring during all the fun of the festive season, however, you can have the best of both worlds and incorporate it into time spent with family and friends playing a few simple games and engaging in activities that all ages can enjoy!

Here are some examples:-

*Try 'balloon bump' – a simple game of using one balloon and not letting it touch the floor, by tapping it to one another. You'll be surprised at the laughs this creates!*

*Charades – act out your favourite TV programme, song, film, animal etc, without saying a word.*

*Indoor catch – use a soft foam ball and play catch in a circle, who ever drops it three times is out of the game!*

*Dancing – make sure you have plenty of floor space and dance to your favourite tunes.*

All of the above activities encourage gentle stretching and movements keeping the joints and muscles subtle and mobile, not to mention great fun for all the family!



### What's inside



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Visit our website for all of our services  
[www.premierphysio.com](http://www.premierphysio.com)

# Mix of Emotions

Of course our mix this month just had to be Frankincense and Myrrh. Frankincense comes from Boswellia trees (native to Oman and Yemen) and Myrrh originates from the Commiphora tree, which is native to northeastern Africa and the Middle East. The benefits of this wonderful blend include anti-inflammatory properties, helps the digestive system, anti-ageing and assists with fighting infections. The warm, earthy and woody aroma makes it perfect for this time of year.



## Feel Great Gift!

Don't forget you still have plenty of time to buy our gift vouchers (starting from £5), they can be used for ANY of our services at PremierPhysio, just pop into reception to purchase yours.

Left it until last minute...don't worry we are open until 3pm on Christmas Eve.



*"My mum is having issues with pain in her shoulders, back and knee so I booked an assessment, Neil was brilliant questions he asked to get to know the symptoms and the advice and exercises given to my mum was excellent, everyone at Premier Physio from the reception on arrival and the consultation is first class.  
I will recommend Premier Physio to anyone I know".*

*"I had a 1 hour sports massage with Lisa, and hands down the best massage I have ever had. I went in with unknown pain in my right leg, she found the source of the pain and got it all out within the hour. 10/10 highly recommended!!!!"*



# Stressed?

## It's All In The Head



Indian Head Massage is a relaxing treatment using acupressure massage on the scalp, face, neck and shoulders.

It is a deep massage, which has been practiced in India for thousands of years. It aims to tap into your seven "chakras" or paths of energy and encourage healing and balance. It is especially good for relieving stress, tension, fatigue and headaches; often associated with today's busy lifestyles and desk-based working postures.

As the experience is deeply calming and relaxing, it will leave you feeling revitalized, better able to concentrate and can even help you sleep.



## Rockin' Robin!



21 December is National Robin Day. This awareness day was created by the charity, SongBird Survival to highlight the struggles Robins and other small garden birds face in the cold winter months.

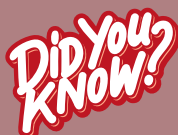
Here are some tips how to help our little feathered friends:-

*Leave a floating ball in a birdbath to prevent water from freezing and clean them out regularly to avoid a build up of algae and debris.*

*Fit a bird box in a safe high place.*

*As well as keeping bird feeders well stocked, scatter some seeds and nuts under bushes and trees.*

*Allow some leaf foliage in the garden to allow small birds to forage for insects.*



- A robin has approximately 2900 feathers
- Their red breast is actually orange
- Robins are known to sing at night

Let us introduce our new service

## Hyaluronic Acid Injections

The Ultimate Inside-Out Hydration Hero! 

You've probably heard of hyaluronic acid for glowing, youthful skin — but did you know it's also a game-changer for knee arthritis?

Hyaluronic acid injections can help cushion and lubricate your knee — easing pain, improving mobility, and getting you back to the activities you love:

- ✓ Minimally invasive and protects the joint
- ✓ Long lasting, drug free alternative
- ✓ Can delay or reduce the need for surgery

Now available at PremierPhysio as a single dose injection.

For more information or to see if this treatment is right for you, give us a call or drop us a message.



## Our opening times over the Christmas period

Close 3pm Wednesday 24th December 2025

Open 9am Thursday 2nd January 2026

From everyone here at PremierPhysio, we would like to wish you all a happy and healthy Christmas!

Thank you for all of your support this year and we look forward to seeing you again in the new year.

*Merry Christmas*

Written by Sharon Carey

