

Feel Great!

PREMIERPHYSIO NEWSLETTER | FEBRUARY 2026

What is Progressive Supranuclear Palsy? (PSP)



Rare Disease Day is on 28 February this year. This awareness day was originally created on 29 February 2008 by The European Organisation for Rare Diseases (EURORDIS), to encourage global awareness of the rare conditions people live with on a daily basis. We have chosen to highlight the rare disease, Progressive Supranuclear Palsy (PSP).

This is a neurological disease that affects balance, speech, movement, swallowing and vision. It is caused by a build-up of tau (protein) in the brain, which is not broken down properly and turns into large harmful clumps, affecting and damaging certain brain cells. There is currently no cure for this debilitating disease. The only way to manage it is through medication, physiotherapy, speech and language therapy and feeding tubes to prevent malnutrition and dehydration.

Just some of the symptoms can include:

Problems with mobility, including frequent falls
Eye and eyelid movements
Difficulty swallowing
Irritability
Slurred speech

This condition mainly affects people over the age of 60 and can sometimes be mistaken for Parkinson's Disease. Around 4,000 people in the UK have been diagnosed with the disease.

If you think you may be experiencing similar symptoms contact your GP.



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We Can't Wait To See You

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

PSP

Check out this website for further information and local support groups:
<https://www.pspassociation.org.uk>

Meet the Team

Donna Carter – Podiatrist HCPC

“I graduated from Salford University with a first-class honours Degree in Podiatry in 2021. My introduction to podiatry came later in life, following a diverse and rewarding career within the NHS. This background has given me a unique perspective and a deep appreciation for the vital role of foot health in overall wellbeing.

Since qualifying, I have dedicated myself to Private Practice, where I have built an extensive knowledge base and hands-on expertise in diagnosing and treating a wide range of common foot conditions. These include, but are not limited to, Plantar Fasciitis, Achilles Tendinopathy, Verrucae, Ingrown Toenails, and Fungal Infections. My approach to care is always holistic, recognising that healthy feet are the foundation for a fulfilling, active lifestyle. I strive to help my patients maintain mobility and independence, so they can continue to enjoy their hobbies and everyday activities.



Over the course of my career, I have developed a particular interest in biomechanical assessments and gait analysis, which allow me to pinpoint the root causes of lower limb issues. I am passionate about rehabilitation for lower limb injuries, guiding patients through tailored treatment plans to restore strength and function. I also offer specialist therapies, such as orthotics and cutting-edge shockwave therapy, designed to optimise recovery and enhance performance.

Whether you are an athlete, a busy professional, or simply looking to improve your quality of life, my aim is to provide compassionate, evidence-based podiatric care that is responsive to your individual needs. I am committed to ongoing professional development, staying abreast of the latest research and advancements in foot health to ensure that my patients receive the highest standard of treatment and advice.”

Exercise of the Month

Sit to Stand – No Hands



Sit upright with good posture. Place your arms across your chest. Gently lean forwards and use as much leg and core strength as you can to push yourself up. If you get stuck, use one or both arms to assist. Once upright, stand up straight. When you feel comfortable, slowly sit back down, ideally with your arms across your chest. However, if you need some guidance then use your arms to assist the sitting. Try to keep a straight spine during the sitting rather than let your back round forwards too much. This exercise will strengthen your legs and core.

The sit-to-stand exercise may look simple, but it offers powerful health benefits. This everyday movement strengthens your legs and core, improves balance, and supports joint mobility—making daily activities like walking, climbing stairs, and getting up from a chair easier and safer.

Regular sit-to-stand practice can also boost circulation, reduce fall risk, and help maintain independence as we age. Best of all, it requires no special equipment—just a chair and a few minutes a day. Try adding 10–15 repetitions to your routine and feel the difference in your strength and confidence.

How Hyaluronic Acid Injections Can Help Knee Pain

Our clinic for Hyaluronic Acid injections is now up and running!

If you have been suffering with mild knee pain that doesn't seem to go away after trying other treatments, then give the HA injection a try. This injection is not currently available on the NHS, therefore you do not need a referral from your GP. Instead once you have contacted us, we will ask you to complete a referral form, which our practitioner will review.

We'll then call you and let you know if this treatment is suitable for you.

Hyaluronic Acid (HA) Injections have the following benefits:

- *Designed to lubricate and cushion joints*
- *Ideal for knee osteoarthritis*
- *Helps reduce pain and improve movement*

Why Choose a Physio-Led Injection Service?

- Injections are administered by an expert clinician with a deep understanding of movement and rehabilitation.
- Integrated care: combine injections with personalised rehab for the best outcomes.
- Friendly, professional, and patient-centred approach.

Whether you're managing ongoing joint discomfort or recovering from an injury, our injection clinic offers a comprehensive pathway to help you move with confidence again.

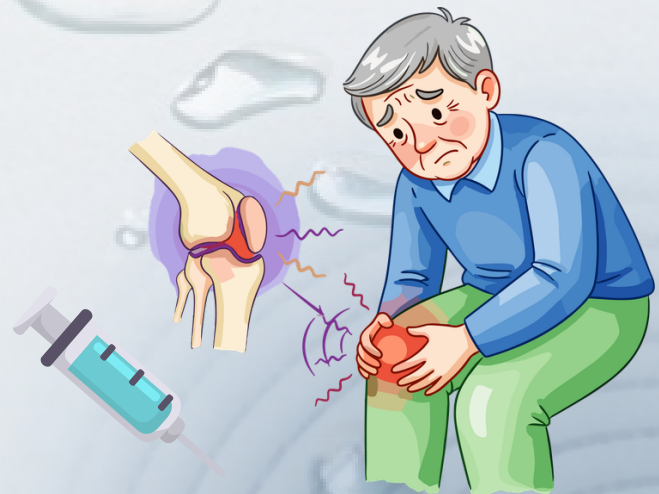
Please contact us for more information.

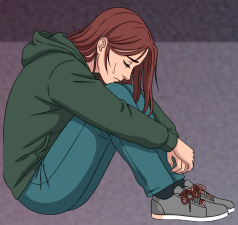


"I had the injection, about five weeks ago, and although I was sceptical at first, I was amazed to wake up one morning and find the pain had subsided tremendously! I'm actually getting a full night's sleep now!"

Knees are the largest joint in the body
HA injections can last as long as 12 months

DID YOU KNOW?





Time to Talk

Time to Talk awareness day lands on 5 February this year. This event encourages people to end the stigma of discussing issues surrounding mental health. So if you need a chat, about what's bothering you, speak to a friend, family member, or even a colleague and get it 'off your chest.'



If you really are struggling, but feel alone then **SPACE** café in Regent Street, Runcorn, offer a free drop-in service on a Tuesday between 10am-12pm and Thursday 5pm-7pm, where you can have a free drink and talk to one of the trained mental health ambassadors there.

So much more happens at **SPACE**, check out their website for all of the events happening each month, or see their socials for the latest updates.



If you have booked online and have chosen to pay via bank transfer, then please make sure you add your **name and treatment date to the reference**, so that we can ensure we apply the funds to the correct account.

Thank you.

We Can't Wait To See You!

We always look forward to seeing you at your appointment, however, please bear in mind our reception room is quite limited in space, so we kindly ask that you arrive **no earlier than 10 minutes before your appointment time**.

If you need to bring a companion, they're welcome to come into the treatment room with you; but, if reception is busy, we may not be able to accommodate extra waiting space.

Thanks so much for helping us keep everyone comfortable—we really appreciate it!

Written by Sharon Carey

