

Feel Great!

PREMIERPHYSIO NEWSLETTER | MAY 2026



Why Walking Works!



What's inside



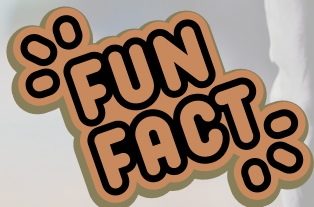
Ever wanted to get fitter but the thought of joining the gym, going on a bike ride, or out for a run just seems so overwhelming? Then try something free, easy and beneficial for the body and mind – walking. Yes, something as simple as walking can change your mindset, health, mobility and overall wellbeing. Also, you can do it anywhere, at any time making it easy to fit into even the busiest of lives. *May is **National Walking Month***, so what better time to give it a go.

Let us give you a breakdown of just some of the benefits of walking...even just 15 minutes a day out in the fresh air can:-

- *Reduce joint stiffness*
- *Aid better sleep*
- *Boost mental clarity and mood*
- *Weight control/loss (in conjunction with a healthy diet)*
- *Control blood sugar*
- *Strengthen muscles*

To be honest, the list goes on! All you need is sensible walking shoes/a waterproof jacket and a bottle of water and you're ready to go!

DID YOU KNOW?



We use 200 muscles to take just one step!



Walking can help you live longer



Walking helps reduce the risk of Alzheimer's

What's Your Achilles Heel?

Exercise of the Month

Fighting Cancer Every Step of The Way

Try Something New

HAppy Knees!

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

If you have any aches/pains preventing you from walking, then please get in touch and see how our therapists can help you.

What's Your Achille's Heel?

This month our Sport's Therapist, Cindy shares reasons why you may be suffering with Achilles and calf pain.



“Achilles and calf pain are frequently seen in runners and active individuals, particularly during periods of increased training load. This is common when preparing for events such as 10Ks or marathons, where running volume or intensity rises more quickly than the tissues can adapt.

The Achilles tendon connects the calf muscles to the heel and plays a crucial role in walking, running, and jumping. Repeated loading without adequate recovery can lead to tendon irritation, stiffness, and pain, often felt during the first steps in the morning or at the start of activity. Calf tightness or weakness can increase strain on the Achilles, further contributing to symptoms.

Current research suggests that managing Achilles and calf pain requires a combination of rest, appropriate load management and strengthening exercises. Sports massage can support this process by reducing muscle tension in the calves, improving local circulation, and helping restore soft-tissue mobility. This may reduce discomfort and improve movement efficiency when combined with exercise-based rehabilitation.

If you're experiencing persistent calf tightness or Achilles discomfort, early management can help prevent symptoms from becoming a long-term issue.



Exercise of the Month Double Leg Heel Raise with hold

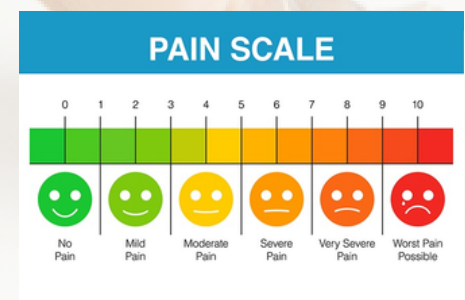
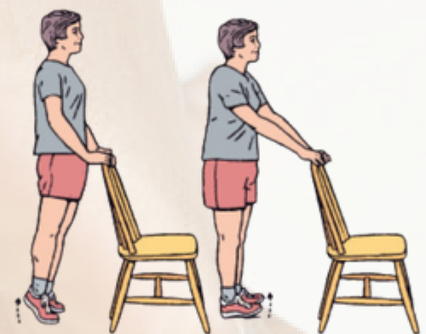
Stand up straight with your feet hip-width apart, with a wall or stable object nearby to assist with balance.

Rise on your toes, trying to keep your weight even between both sides.

Slowly take the weight onto the painful side as your pain allows and hold for 30 seconds.

Four reps, 2-3 sets, 1-minute rest between sets.

Using a pain scale helps you judge whether your exercise load is appropriate. Aim to stay within a 0–3 range to avoid significantly aggravating an Achilles tendon injury. This is an early-stage rehabilitation exercise, and seeking professional guidance is strongly recommended for the best recovery outcome.



Marian's Mighty Hike – Fighting Cancer Every Step of the Way



MACMILLAN CANCER SUPPORT



We mentioned in the March edition of Feel Great! that our wonderful massage therapist, Marian, is walking 26 miles around the Lake District for Macmillan Cancer Support, on Saturday 6th June. As you may be aware Macmillan support people diagnosed with cancer, in many ways, such as emotionally, practically and financially. They also train and advise health care professionals to help those diagnosed with cancer.

Macmillan have been helping cancer patients for over 100 years and is heavily reliant on donations. With over 1,100 cases of cancer diagnosed each day, it is important for Macmillan to raise as much money as possible, to help keep their services running.



If you can, please make a donation on Marian's 'JustGiving' link
www.justgiving.com/page/marian-cox-1770487226216
where all monies raised go directly to the charity.



Did you know these fun facts about the Lake District?

The Lake District is one of the wettest regions in England, and has on average 200 days of rain per year! (Marian we hope you take your brolly!)



Wast Water lake is the deepest lake in England, at 260 feet deep!



It was once described as "*The loveliest spot that man hath ever found.*" - William Wordsworth

Try Something New

Fancy trying a new sport? Here are some contact details of local clubs if you are interested, drop them a message for more information;-



Runcorn Netball Club
runcornnetballclub@gmail.com
or check out their Facebook page



Walking Cricket – Halton Leisure Centre
Jonny.Fraser@Halton.gov.uk

Gentle Yoga, Dance and Taekwondo and much more at Castlefields Community Centre

CastlefieldsCC@halton.gov.uk



HAppy Knees



Is your knee pain impacting the way you walk? If so, contact us for more information about our **Hyaluronic Acid injection**. This is a treatment NOT provided by the NHS, but could improve your mobility significantly.

Here are some testimonials from our clients who have recently had the HA injections;-

“I have noticed that I’m sleeping well and my pain and discomfort is not waking me up, and I’m walking more comfortably too.”

“I was not totally convinced Hyaluronic Acid Injection would work for me but went ahead because I was in pain. I’m glad I did as it’s helped me avoid a knee operation for now. The injection took about a week in my case to start taking effect. I am now into my 3rd week and have noticed the difference.”

Written by Sharon Carey