

# Feel Great!

PREMIERPHYSIO NEWSLETTER | OCTOBER 2025

## Back to Basics

Back Care Awareness Week runs from 14-19 October this year. The purpose of the event is to highlight the importance of taking care of your spine and preventing back problems from occurring.

*Some common causes of back pain are;*  
*Muscle/ligament strains due to heavy lifting and strenuous activities*  
*Sciatica – a trapped nerve*  
*Ankylosing Spondylitis – inflammatory disease causing vertebrae in the spine to fuse*

Back pain can often heal on its own within in a few weeks, however here are a few tips to help ease any discomfort in the meantime;

*Try to continue with day to day activities – keep moving*



*Use an ice pack for swelling*

*Use a heat pack to relieve stiffness*

*Take ibuprofen*



*Try exercises that help strengthen your back such as walking, swimming, yoga and Pilates.*



If you would like to book to see one of our physios, or talk to a therapist beforehand regarding any ongoing back pain, then please get in touch.



### Fun facts about backs!

Measure yourself, you'll find you are taller in the morning, as the spine decompresses at night.  
80% adults will experience some kind of back pain in their lives. The spine has 100 joints.



**DID YOU KNOW?**



## 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

This month's blend comes from our wonderful holistic therapist, Claire. Try a mix of sage, frankincense and sweet orange, the perfect aroma to lift spirits on these chilly darker evenings.



Just some of the benefits of this combination include reduction of the appearance of wrinkles and scars, promotes inner calm and aids digestion.



## We're Feeling the Love!

If you are unsure whether to book an appointment for any of the treatments here at PremierPhysio, then just take a look at some of our reviews...

“All staff at Premier Physio are kind, caring and knowledgeable. You go in with a problem which they break down into manageable chunks. If you work at the exercises they quickly get you back to full mobility. Would give them a 12 out of 10 if I could.”

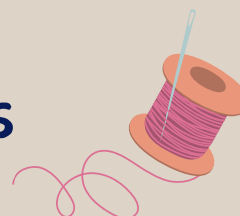
“Very clean and professional space. My treatment with Lisa was excellent - I will definitely return if I need to.”

“I am so pleased with Vicki My physiotherapist She's lovely friendly polite & chats like I've known her years That puts me at ease She explains what & how to do the exercises & the benefits Well done Vicki ★★★★★ ”

“I received a prompt response to my query. I was offered an appointment on the same day. From start to the end of my consultation my experience was reassuring and professional. Neil provided clear and relevant guidance. I felt that he listened to my concerns, the session was about me, not 'selling' more treatments. Definitely recommend.”



# Crafty Clients



Some of our clients know how to keep themselves entertained during the darker autumn evenings by enjoying various hobbies. Keeping active doesn't have to involve going to the gym, training for a marathon or playing a sport. Crafting can be just as good for your physical and mental health. Crafting can improve hand and eye coordination, lower your heart rate and blood pressure and can also be a distraction from ongoing pain.

Naomi a regular client of ours is an avid crafter, she says:-

"It's really difficult to say which crafts I like the most because I love so many! I love learning something new, so this year I've done embroidery, Japanese silk painting, glass foiling & glass fusion and basket weaving to name a few....and rediscovered lino printing. I've been crafting since primary school so 40 years roughly, probably the last few years I've started to go on different courses every month or so rather than concentrate on one specific craft like jewellery making or wood turning which I did both of for several years. The benefit of crafting for me is meeting new like-minded people, I find it relaxing and it often takes you out of your comfort zone and can also take you to new places depending on where the courses are. A lot of the crafts I do can be inspired by my love of gardening so flowers/nature can often be incorporated into what I am doing design wise. Here are a couple of Naomi's latest projects.



Pumpkin Patch at RHS Bridgewater where I did the basket weaving course.



Flower embroidery which was a birthday present for my mum this year

Courtney, another client of ours loves nothing better than curling up with a good book and she loves to design and make her own bookmarks too.







# What's Happening With You?



If you are involved in a club, such as running, walking, netball, football... etc and would like to encourage new members, then please email [enquiries@premierphysio.com](mailto:enquiries@premierphysio.com) with the details and we will be happy to spread the word for you as our newsletter reaches over 3000 readers.

Similarly, if there is a charity or upcoming charity event you wish to promote, then please feel free to contact us, we'd be delighted to share your news too.

## Ring Our Bell!



When arriving at PremierPhysio please ensure you press the correct buzzer, as we share the building with another company, who are located upstairs - both are labelled with the company names. We love welcoming our clients to the clinic and don't want to leave you stood outside.

Thank you!



## HALLOWEEN



### Frightfully Funny Jokes for Halloween

Why are graveyards noisy?  
Because of all the 'coffin'

Where do ghosts go to on holiday?  
The 'Boo-hamas'

Why are vampires bad at art?  
Because they can only draw blood!

What's a skeleton's favourite  
instrument?  
The trombone!

Written by Sharon Carey