



Brook Lane Physiotherapy Clinic

NEWS

Spring 2011

NEWS

www.brooklanephysio.co.uk

Congratulations to Cate Barker who has successfully completed her Master's degree in Musculo -skeletal physiotherapy and we wish her well as she leaves us on Maternity leave on the 1st March.

Website

A new website is under construction.

Fees

There will be *no* increase in fees this year.

Patients can self refer (may need a Gp referral for health insurance claims) we are recognised by most health insurance companies.



PAYMENT

We accept all credit cards, cash, cheques and bank transfers



Brook Lane Physiotherapy Clinic

233a Brook Lane,
Sarisbury Green,
Southampton,
Hants

Near Junction 9 M27
Whiteley turn off.
info@brooklanephysio.co.uk

Opening Times

Monday	8 am-8.pm
Tuesday	8 am -8.30 pm
Wednesday	8 am-8.30pm
Thursday	8 am-2pm
Friday	8am-4pm

A good night's sleep!

We think beds last forever, but your bed's structure tends to deteriorate in quality by about 75% within eight years, causing sleep disruption. One of the most important things to remember after you have purchased a mattress is to turn it occasionally to avoid sagging.

It is a myth that hard beds are best for bad backs. The ultimate bed involves a marriage between comfort (which often means softness), and support (which often means hardness). The problem is that firm beds don't support the natural contours of your spine. If you happen to be a shapely woman, who sleeps on her side, you really will struggle with a firm bed.

Personal preference has to be taken into consideration, as well as your sleeping position, weight and budget when buying a bed, but a good guide is one that offers a support/comfort rating of approximately 5.5-7.5 level, when "0" is the softest and "10" the firmest.

If you can't afford a new bed and it is too soft, place a piece of plywood under the mattress. If it is too firm, either consider a mattress topper, or placing one or two duvets under your sheet to help give the bed some extra forgiveness.

Regardless of which mattress or bed you buy, always try it out in the store before making it yours. Salespeople expect you to lie on their beds as part of your decision-making process. Assume your normal sleeping position, and stay there for a while to determine how it feels. A good guide is that your spine should be straight with no gaps between you and the mattress in your sleeping position. If you have a bed partner, have them join you on the mattress. Even better, ask if the mattress comes with a trial period that allows you to exchange or return it if it's not right for you. And remember: Be picky -- you'll be spending a lot of your life on that mattress.

01489 873969

PILATES

phone Emma Savickas
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www.balancephysio.co.uk

We have on sale the following
Futuro wrist splints
Tennis elbow clasps
TENS machines
Treat Your Own Neck and Back Books
Lumbar Rolls