

LOOKING FOR A GOOD READ & PODCAST

Kate recommends this podcast:



This Celebrate Muliebrity podcast episode focuses on Menstrual & Endo pain and delves into pelvic rehabilitation which includes lifestyle, movement and manual therapy to calm the pelvic floor.



David recommends this book:



GP and writer Gavin Francis explores how - and why - we get better, revealing the many shapes recovery takes, its shifting history and the frequent failure of our modern lives to make adequate space for it.



USE TECHNOLOGY
to your Advantage

The 'Let's Talk Clots' App



The 'Let's Talk Clots' app is focused on all things **thrombosis including reducing risk, signs and symptoms, diagnosis and approved treatments.**

There is also information about **recovery and support**, including pain and breathlessness, managing anxiety and worry, regaining wellbeing, fitness and returning to everyday activities.

We do **EARWAX REMOVAL**

Too much earwax can lead to:

- Blocked ears • Earache
- Reduced hearing •



We use **microsuction** to gently remove any earwax build-up within the ear canal. **Microsuction offers a quicker, cleaner and more accurate alternative to ear syringing.**



AUGUST 2024
Feel free to take me home

YOUR MONTHLY WELLBEING UPDATE

Move Better with Pilates

At Life Fit Wellness we love Pilates and we thrive on getting others involved in all the physical and mental benefits that this wonderful form of exercise can bring.

PILATES AT LIFE FIT WELLNESS

You will start with a **1-to-1 session** with one of our Pilates instructors to explore the Pilates key **building blocks**, also known as your **ABC's**:

A is for Alignment: Being aware of **alignment** is key in Pilates. It ensures that your body moves efficiently which reduces the risk of injury. So if you are making any compensations due to injury or tightness then this will be highlighted in your alignment. Also great for **bringing awareness to your posture and improves your balance.**

B is for Breathing: This helps with the mind-body connection. **Breathing helps you stay present and focused on your movements making them more mindful.** It is used as a tool to assist with the exercises, never a rule.

C is for Centering: Engaging your core muscles, often referred to as the 'powerhouse', helps to support and control your movements. Finding a **physical and mental connection** to your 'core' or centre muscles is what Pilates is all about and it is this strong foundation which enhances your overall **strength and coordination.**

Pilates is a wonderful form of exercise that will have you **feeling strong and flexible** after each class! And we always enjoy a bit of a natter! Visit our website to find out more and book your 1-to-1 with Reception.



Life Fit Wellness

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WE CAN HELP with Long Covid and Respiratory Conditions

We'd like to welcome **Robin McNelis** to the Life Fit team!

Robin is a **Cardio Respiratory Specialist Physiotherapist and Long Covid Specialist**, who can see a range of conditions related to breathing including: **Asthma, Long Covid, Bronchitis and Performance breathing for athletes.**

Robin's expertise in **managing complex respiratory conditions**, particularly **Breathing Pattern Disorders (BPD)**, has been recognized widely, especially following the Covid-19 pandemic.

Robin contracted Covid leading to Long Covid, which he leveraged to establish one of the UK's first Long Covid Clinics at The Wellington Hospital.

Now based in Essex, he regularly returns to Falkirk to offer a range of physiotherapy services through Life Fit Wellness, including **Long Covid management and rehabilitation for cardiac and pulmonary conditions.**

Physiotherapy can help with a multitude of breathing issues and if you, or someone you know can see an improvement in their breathing, then your quality of life will be significantly better both now and in the future.

Robin is in on Saturdays at the end of every month. Chat to reception for further information.



NEW ULTRASOUND MACHINE



Ultrasound scanning is a fantastic tool in **aiding diagnosis of conditions affecting the upper and lower limbs** and is also used to accurately guide a wide variety of injections. We are always striving to improve and enhance patient care and have recently purchased an additional premium ultrasound scanner!

This supports the expansion of the ultrasound service where our physio **Emmet Kennedy** has completed the diagnostic ultrasound qualification from Glasgow Caledonian University. Alongside **Stewart Kerr**, who runs the **ultrasound and ultrasound-guided injection service**, which in addition to scans, provides **steroid or hyaluronic acid injections** to joints, tendons, ligaments and nerves.

GET TO KNOW THE TEAM - PHYSIO STEFAN SPARKES

What made you decide to become a physio?

To be perfectly honest, I have been on the receiving end of physiotherapy in the past for multiple sporting injuries and very much enjoyed the problem solving, evidence-based approach to physio and thought it would be a great fit. Over the years I have had many great mentors, and truly couldn't see myself doing anything else.

What's one thing you would change about yourself?

My on-going desire and fascination to speak with a Scottish accent! My wife would say I need to give it a rest, but I just *cannae!*

Best way you recover after a hectic day?

I find refuge in exercise, especially weightlifting/powerlifting. With headphones on, I can check-out of reality for an hour or so. Its fantastic!

Favourite form of exercise and why?

I also enjoy a good game of ice hockey or softball. Stereotypical Canadian, I know.

What is your next big goal?

Completing my Pilates mat work 3 course and becoming a fully qualified Pilates instructor.

When have you felt the most proud?

Placing 3rd at the Canadian National baseball Hit/run/throw when I was 10 years old. Talk about living in the "used to"!

What do you consider the ultimate comfort food?

A big messy burger from Buck's Bar in Glasgow. Quantity and quality on a plate - great stuff!



WHAT'S ON this August

Nordic Walking Workshop

Please speak to reception to find out when we will be holding the next Nordic Walking workshop.



New Strength Training Class

We will be starting an exciting new strength training class from the end of August. Chat to us to find out more.