

LOOKING FOR A GOOD READ & PODCAST

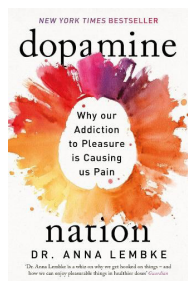
Stefan recommends this podcast:



The Drive podcast - **Petter Atfia** chats with Dr. Trenna Sutcliffe as she shares her expertise in **autism, ADHD, and anxiety** - the "three As". She offers valuable insights into the changing prevalence of autism and the range of therapies and medications available to support children and their families.



Arlene recommends this book:



In **Dopamine Nation**, psychiatrist Dr Anna Lembke reveals why our pursuit of pleasure leads to pain and what we can do about it. This is an essential book for anyone wanting to **find a balance for a happier life**.



USE TECHNOLOGY
to your Advantage

RHS GROW App



RHS **Grow** is a gardening app that makes it incredibly easy to **identify plants, keep track of the plants you have, receive tips on how to care for them, and get help and advice**. The app gives you access to 200 years of knowledge from botanists, scientists, fruit and veg experts and RHS specialist advisors - helping you to grow plants with confidence.

We do **Golf Screening**

Get **golf season ready** with golf screening that will **identify any issues** you may have and provide you with a **programme to rectify them**.

BOOK AT RECEPTION OR ONLINE.



Life
WELLNESS

FEB 2025

Feel free to take me home

YOUR MONTHLY WELLBEING UPDATE

RECOVERY AFTER AN INJURY

WHAT NEEDS TO HAPPEN TO RECOVER
& HEAL AFTER AN INJURY

We regularly see patients who have injured themselves and we understand the **impact injuries can have on your life**. Even with all the preventative measures in place, injuries do occur and then it is important to follow these guidelines that will **help you recover quicker** so you can get back to life as you know it.

WHEN TO SEE A PHYSIOTHERAPIST?

Many of us get aches and pains and our hope is that they will resolve by themselves. So when is it best to see a physio and when to let it get better on its own?

Lots of pains can be quite subtle and they gradually prevent us from doing activities or **we give up the activities because of a restriction in movement, weakness or pain**. Often times people feel unable to return to a sport following an injury because they have a perception that they are too weak or they are concerned about re-injuring themselves. Physiotherapy can be extremely effective in these circumstances. We will assess you to see whether there is any muscle weakness that can be improved by exercise.

We would also recommend you come in to see us if you wake up with a severe pain that is causing you difficulty in functioning, going to work or sleeping.



Simple actions to aid in
Recovery:

- **Eat a healthy diet** - include protein, fibre and lots of different vegetables.
- **Hydrate:** Dehydration can impair your muscles ability to repair itself.
- **Sleep:** Your muscles need the time during sleep to recover and heal. Research has shown that lack of sleep is detrimental to recovery as the production of the hormones required to heal the muscles is impaired.
- **Massage:** Improves muscle flexibility and muscle soreness.

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This February...

FOCUS ON YOUR FITNESS

Strength Training classes

Our new class has been such a success we have added an **additional Thursday class**, so come and enjoy an excellent workout in our Falkirk branch on:

- Mondays at 1pm
- Thursdays at 1pm

Get to grips with the the basics of strength training with a **1-1 or 2-1 session** with John before joining in the regular **Strength training classes**. Chat to reception to book a suitable time.

Price: 5 x class bundle = £48



Nordic Walking & Ruckfit classes

Arlene will be out walking and exploring **Bo'ness** during this **Nordic Walking class** and it is focused on getting light exercise in the outdoors.

Ruckfit will be held at the **Helix Park** using the outdoors as your gym with John keeping you motivated between walking and working out. Nordic Walking classes fall under the **Fitness Bundle** so a great opportunity to mix indoor and outdoor activity!

Pilates Mat & Reformer Circuit classes

Get on your mat for a **full-body workout using our various props** that will ensure each class keeps you coming back for more! See your **flexibility and strength improved** while giving you a fun, small class environment to enjoy! Ask for a time table for our **Falkirk and Linlithgow classes**.



Chair Fit classes

Predominantly **chair based**, this class uses some **elements of Pilates combined with strengthening, stretching and balance work** and movements that can be adapted to suit the individual's needs and ability.

Fit-to-Function classes

Fit-to-Function is the ideal progression from our Chair Fit class and allows more opportunities for standing and lying exercises in a supportive environment. Similar to our Chair Fit class, Fit-to-Function uses **elements of Pilates combined with strengthening, stretching and balance work** but offers more challenging exercises.

We also have a **Personal Trainer** that provides sessions in our **private gym**. Great option if you don't want to workout in groups!

PATIENT JOURNEY

with Life Fit Wellness - meet Kate

In August of last year, Kate Leishman had a serious accident and this is her recovery story.

What is your role within Life Fit Wellness?

I am the Pelvic Health Specialist physiotherapist at Life Fit Wellness. My role involves helping men and women with urinary and faecal incontinence, pelvic pain and prolapse in women.

How did you get your injury?

I was taking part in a 3 day horse camp with my horse, River. During our last lesson of the camp, we were jumping some cross country jumps and River got over excited and bucked me off. I landed hard on my lower back and pelvis. I was in agony and unable to stand up so an ambulance was called and they sent the helicopter air ambulance as they were worried I'd broken my back!

What was your injury?

I had fractured my hip socket. Thankfully a CT scan showed no spinal fractures or other injuries.

How did this impact your life?

This affected my life significantly as I was in hospital for a week. I was not allowed to weight bear through my left leg for around 6 weeks. I was unable to work and my daughter had to drive me everywhere, I couldn't even carry a drink from the kitchen to the living room! I had to use a stool so I could sit down in the shower. Everyday life became a bit of a challenge!

What was your treatment with Life Fit Wellness?

I needed specific physio in how I could start to strengthen my hip and leg and also when to start to weight bear through that leg - Morven has been my physio and been fantastic!

How long did it take for you to feel like you made some progress?

I started to see the results almost right away. The confidence that Morven gave me to start to weight bearing helped enormously and I did the home exercises she gave me. By 9 weeks post fracture I was off my crutches and by 11 weeks I was back at work. I have also been attending Pilates classes as part of my rehab, including using the Pilates reformer.

What is your motivation to working towards your recovery?

I wanted to get back riding my horse! This experience has shown me that physical health and abilities shouldn't be taken for granted as when they are impaired, it impacts your whole life! I feel lucky that my injury wasn't worse and life is slowly returning to normal.



Kate Leishman
Pelvic Health Specialist
physiotherapist

