



CK Clinic News

June 2017

LATEST NEWS FROM CK Clinic - Physiotherapy, Massage, Acupuncture, Gait analysis

EXPERT ASSESSMENT & TREATMENT

1 year on from The GYM UK!

by Chris Kempson BSc (hons.) MCSP HCPC MAACP

As many of our regular clients will know, this time last year we lost our clinical premises due to the foreclosure of the business we were renting rooms from - The GYM UK! Following a three month period at the Olympiad leisure centre, the clinic moved to our current and more long term premises. Situated on New Road in Chippenham (formerly Dental Techniques), we are hoping that our new premises will provide better facilities and services for our existing and future clients, and of course be more visible to passers by!

Where it all began...

CK Clinic was established in the January of 2015, where we set up shop in a gym on Bumpers Farm in Chippenham. After 6 months Chris left his day time job in order to run the business full time. Now the clinic is into the third year of trading and after settling into our new premises we look forward to helping many more people get well over the coming years.

New members of staff!

In addition to Chris, over the last year we have also welcomed Kylie Ferguson, our sports and remedial massage therapist offering Monday and Thursday evening appointments. Debbie Poulston, MSK Physiotherapist also providing Indian Head Massage Tuesday and Thursday evenings and Becca Evans, MSK Physiotherapist available during the day Tuesdays, Thursdays and Fridays.

No Waiting Lists

With the recruitment of our new team, we are now able to offer appointments usually within 24 hours. There is no need to go to your GP prior to coming to see us. Your condition / problem will be fully assessed by one of our expert team members and you will be provided with a structured rehabilitation program and the education and advice to help yourself but in addition we will also carry out manual and physical treatments to aid your recovery and speed up the rehabilitation process.

Treatments available

- Expert assessment and analysis
- Joint manipulation & mobilisation
- Deep tissue / sports massage
- Acupuncture
- Indian head massage
- Gait analysis
- Manual Lymphatic Drainage

Why not call us to have a chat about your condition or injury?
We offer free advice!

FOR MORE INFORMATION

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Hip abduction

Gluteal stretch

Exercise of the month

Hip abduction is a very important exercise, lay on your side and lift the leg up and down repeatedly as shown. This will strengthen the main hip stability muscle and is great for toning, but also very useful in preventing hip problems! Try 20 repetitions and do three sets (60 in total) on each side, once per day.

The Gluteal stretch is great for relieving pain in this region. This is often a stretch missed out by many sports people and results in tightness and pain! Sit in the position shown and try to lean forwards. Hold the position for 20 seconds and repeat throughout the day.



Physio Fact Corner!

The human body has over 600 muscles... that makes up for 40% of the body's weight! We also have 206 bones in the body, and an impressive 45 miles of nerves in our skin. We are quite remarkable aren't we.....?