



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

EXPERT ASSESSMENT & TREATMENT

# Charity event, Staff and Special offers

by Chris Kempson BSc (hons.) MCSP HCPC MAACP

## Charity day

Many thanks to Paul Turner and Goughs solicitors in Chippenham. CK Clinic was invited to attend their annual charity day at Cumberwell Park golf club. This was in aid of Wiltshire air ambulance and Julias House.

Chris represented the clinic and even came home with some prizes from the longest drive and beating the Pro on nearest to the pin!

More importantly though Chris won at the charity auction too clinching a professional snooker cue signed by 12 championship players and a four ball at Bowood, helping a little more towards these amazing causes. Paul specialises in acting for victims of negligence resulting in debilitating chronic pain conditions arising from accidents at work, road traffic accidents and medical negligence. For any advice in this area contact Paul for a consultation.



## New Staff

We would like to welcome Amber Knowles to the team who is providing sports and remedial massage on a Friday afternoon. We will soon be launching our new service of 1-1 personal training sessions. Coming soon!

## Louise and the Serpentine

Louise, our practice manager has achieved a personal goal. Completing the swim the Serpentine challenge! A mile long swim in 15 degree water and finished in 38 minutes! Louise signed up to the challenge to help raise awareness of our much loved and supported charity Coppafeel. Raising awareness of breast cancer in young women. You can read more on this at [www.coppafeel.org](http://www.coppafeel.org)



## Special Offer

Enjoy £10 off a 45 or 60 minute massage to be used by the end of October bring this newsletter to receive your discount.

### FOR MORE INFORMATION

CK Clinic  
57a New Road  
Chippenham, Wiltshire  
Tel. 01249 324166  
Email. [reception@ckclinic.co.uk](mailto:reception@ckclinic.co.uk)

## Health blog

This months health blog is on standing posture and Chris has written and linked this to the website [www.ckclinic.co.uk/healthblog](http://www.ckclinic.co.uk/healthblog). See the exercises below and have a read of the health blog to start thinking about your posture.

## Exercise of the month



©PhysioTools Ltd

This exercise is designed to strengthen the muscles in the mid back and needs to be done in order to provide the strength and endurance to be able to hold the shoulders in the correct position when standing.

Try this with a tin of baked beans in each hand. Do 20 – 30 repetitions 2-3 times. Once a day.

This exercise is to help you to control the position of your pelvis. Stand with your back up against a wall and try to flatten the small of your back into the wall. You should feel your abdominal muscles tighten and your pelvis will tilt backwards.

Practice this for 5 -10 minutes once a day



©PhysioTools Ltd

## Physio Fact Corner!

The body heals itself when we are sleeping, if pain is affecting your sleep your healing times will be slower than expected. It is important to get a good rest. Doing your exercises should help to alleviate your discomfort so try doing them before you go to bed.