

CPhysio **FOCUS**

Issue One



Coping with a fracture

Sir Ranulph Fiennes

Get Ski-fit

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Ouch! How to cope with a fracture

I had a close shave back in December. Whilst wrapping Christmas presents for the kids I ran out of wrapping paper! But that wasn't the problem. On limited time before the kids returned from their

grandparents', I left the house, stepped out onto the front path and WHOOSH – my feet slipped out from underneath me. I just managed to save myself from landing with an almighty thump on the ground.

It was a freak weather phenomenon – freezing rain. Deceptively slippery, I was surprised to find the whole village was like an ice rink, with icicles forming off every surface.

And it shows how quick and easy it is to slip and injure yourself in the cold weather. For those unfortunate enough to hit the ground hard enough, a fractured wrist or hip, ligament sprain or soft tissue injury is a common, albeit unwanted injury at this time of the year.

And with the onset of winter, local A&E departments are overrun with bone and soft tissue injuries. It's important to remember that if you suspect you've broken something, you must get to your local A&E department as quickly as possible. Getting expert advice is really important. And if you have broken a bone, an x-ray and appropriate treatment with a cast, pins or plates is the best way to ensure a broken bone heals properly.

When you slip and have nowhere else to go except hitting the floor, a fall onto an outstretched hand (FOOSH) is difficult to avoid. Landing hard onto your wrist can cause the lower end of the radius, the bone that runs from your elbow to your wrist on the thumb side, to break. Its medically known as a

Colles Fracture, named after the Irish surgeon Abraham Colles who first described this type of fracture in 1814.

In most cases, a cast on the forearm to stabilise the fracture will allow it to heal effectively. But in some cases, you may need reduction (distracting the broken bone ends to put them back into place), or surgery involving pins or plates to fix the broken bone ends in place whilst the bone heals.

A lot of people arrive to me in clinic once they've had their cast taken off between 6-8 weeks after the injury. Their wrist is stiff, sometimes painful, and usually very weak. For many, the movement and strength will return gradually, but for others, it can be a long, difficult task to get it going again.

But as the common saying goes – prevention is better than cure.

If you are unfortunate enough to suffer a broken bone this Winter, get the area moving as soon as possible to avoid complications.

For a wrist fracture, after about a week of injury and within your pain limits, starting some simple exercises should help to reduce the amount of rehab you need afterwards.

5 top tips for exercise following a wrist fracture

- **Wriggle your fingers, little and often.** Try to get your fingers wriggling in the cast
- **Bending and straightening your elbow** (if the cast starts below it)
- **Shoulder circles** to keep blood circulating through the whole arm
- **Shoulder shrugs**
- **Neck circles**

Start by trying 5 of each exercise, every hour. If you feel you can do more, just add a repetition each time. But

remember, work within your comfort limits and increase the numbers slowly.

These simple exercises should maintain some strength in your wrist and hand, so that when the cast is removed, your recovery to full function is quicker and easier.

For more information about fractures, how long they take to heal, and rehabilitation after a broken bone, check out our Knowledge Centre on the website www.c-physio.co.uk/knowledge-centre. You'll find lots of information about a range of different fractures to help you recover as quickly as possible.



Failure? Only if you Go Alone

Reflections from a Meeting with Sir Ranulph Fiennes

Late last year I was extremely lucky and privileged to meet Sir Ranulph Fiennes, labelled the World's Greatest Explorer by the Guinness Book of World Records.

He talked with passion and excitement about his numerous world-record beating expeditions. He was both funny and humble describing overcoming seemingly impossible obstacles during his treks across the Arctic, Antarctic, deserts, rivers and mountains.

He consistently emphasised the importance of a strong team. His initial selection process involved selecting his team members based on motivation alone. It became evident that he was a master of many things, but he always selected his colleagues carefully to complement his skills, keep him safe and make sure he was never the last man standing.

He used the knowledge of his team to dictate how far he could push himself and trusted their judgement.

In losing the fingers and thumb on his left hand he placed all the blame on himself.

Why? Because he was trying to do it solo. He lost his sled when an Arctic ice bridge collapsed whilst his sledge was still in tow. Flicking the quick-release straps he managed to avoid being pulled into the ice cold water below, but then realised his cooking stove, tent, and all the essentials to complete his journey were still on his sled! He managed to recover the sledge with his left hand. But struggling with complete lack of sensation in his hand, he struggled to get his stove lit quickly enough to avoid the ravages of frostbite.

A couple of months later, he was back home near Bristol, with pain in the dead tips of his digits every time he caught them against the furniture. His surgeon was refusing to operate for at least 5 months, so he took matters into his own hands with a fretsaw and slowly removed the dead

portions of his fingertips. Having travelled the world, including both polar ice caps, it was back home in Blighty, in his garden woodshed, that he cut off his own fingertips! Although his surgeon wasn't best pleased, Sir Ran told us he was relieved to be rid of the pain and delighted that his physio thought he had done a good job.

When asked what the most useful thing on his trips was?

After his wife of course, Anthisan cream in the heat and the right clothes in the cold

The key to selecting the right team?

Select your people based on their motivation. Motivation is the one thing that is strong enough to overcome what is happening to them

And how should you be a good leader?

3 things: 1. Choose people who can cope well by themselves. 2. Be better at the task than they are so they will follow. 3. Delegate and be democratic when the choices are easier.

And finally, the question everyone in the room was wondering...

WHY did he attempt all these extraordinary adventures, risking life and limb to set world-records at the expense of the Norwegians?

His lack of A-Levels

He cited his lack of qualifications to be the main reason why he couldn't continue his life in the Army as an officer. This was the reason why he needed to look for sponsorship to fund his travel plans, and the reason why he started aiming at world records. Once these records were the goal, he always needed to keep ahead of his known rivals and this was why the goals got bigger and bigger.

In the end he had a team of 52 people working with him, to help him achieve remarkable world records.



Putting Team Working into Practice

Reflecting on my meeting with 'Sir Ran', it reassured me that working as part of a team is just as essential in healthcare.

To get the most effective outcome from your physiotherapy treatment we need to work with you and your GP, your family, carers, consultants, nurses, Occupational Therapists, Podiatrists, Pharmacists, other Physiotherapists and a host of other healthcare professionals.

Communicating effectively with all the people involved in your care ensures we can provide a clear plan that will help you get the best outcome from your problem.

So we're introducing new registration forms to make sure we have the correct GP details for you. We'll send your GP a letter advising them that we've started physiotherapy with you, and whenever we need to update them, we'll be able to do so quickly and easily.

Once you've finished your treatment with us, we're also introducing a new discharge process. Your GP will receive a letter from us to say what treatment you've had, the

improvements you've made and if you need any more help moving forwards.

At C-Physio, we also discuss cases within our team of Physiotherapists to make sure we can learn together from the challenges and successes we face daily. We bounce treatment ideas off each other and learn from both peculiar presentations and treatments that have worked well.

We know that working more closely with you and the other people who can support your care will make things better for you, and ensure you get better, quicker.



Team Focus on Rebekah



I like to turn the spotlight on the various members of the C-Physio team to give you a bit of background about the people who look after you.

I was speaking with Rebekah Garnett, one of our physios, last week and she told me what an amazing holiday she had to Dubai last year.

Dubai is only one of the places that well-travelled Rebekah has visited. She has also been to Fiji, the United States and travelled extensively throughout Europe and the Middle East. Not bad for someone who only first stepped onto a plane in 2007!

I don't get to see Rebekah all that often because she works in the NHS four days a week and is only here at C-Physio one evening and every other Saturday. After chatting for while we got onto the reason why Rebekah became a physio and her answer made me realise that each of us has a different reason why care about our patients.

It was great to catch up and get an understanding of what makes her tick, why she became a physio, her recent training and the types of problems and conditions that she loves to treat. I am proud to know we have such a great team of physios working for you to promote your recovery and maintain your health.

For more sneaky peeks into why Rebekah loves her job and how she might be able to help you, visit her on www.c-physio.co.uk/about-us/our-team

Focus On Get yourself Ski-fit

It's getting to that time of year when many people's thoughts turn to the snowy slopes of Europe. We've even had a bit of the white stuff in the UK!

If you are an experienced skier then you will already know that you need to prepare your body for the challenges that lie ahead. If you are a novice then you should be preparing thoroughly to ensure you get the most from your holiday.

Our team of award winning physiotherapists has designed a ski fitness programme suitable for all age groups and abilities. The course runs for 6 weeks and includes a range of skiing specific exercises designed to develop and improve your strength, flexibility, balance and control whilst reducing your risk of injury.

5 Benefits of Ski Fitness

- 1 Skiing control will impress your friends and family from Day One!
- 2 Improved strength means you will be able to tackle all types of slopes!
- 3 More stamina means you can cover more miles!
- 4 Better balance reduces your risk of injury from falls!
- 5 Extra energy helps you enjoy your après-ski activities to the max!

Visit us online or phone to book the programme designed to get you Ski Fit in just 6 weeks.



What About Snowboarders?

Our Ski Fit programme can be easily adapted to suit the needs of snowboarders. By focussing on balance, abdominal, thigh and hip strength and control you will be working all the major muscle groups just as you would on the slopes.



Our 5 Guarantees to You

At C-Physio we aim to make you feel better and to help you have confidence in our service before, during and after your visits to us we offer you our 5 Guarantees:

- ① Your first appointment in under 24 hours or you get it for free!
- ② Treatment at your first appointment or your next session free!
- ③ On time, every time or £10 off!
- ④ The best outcome in the area or your money back!
- ⑤ Tip-top condition for life or a free Physio TTC!*

Whichever way you look at it, you are guaranteed successful treatment at C-Physio!

Special Offer!

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