

Put some Spring in your step!

Now that brighter days have arrived, this issue of Active Health looks at the benefits of walking for overall health

Walking is one of the simplest ways to increase day-to-day activity levels plus it's free. And the good news is you don't need to walk for hours to feel the benefit - walking briskly for 10 minutes each day helps build stamina, burns excess calories and improves the health of your heart. It is also great for bone health, particularly important for people with, or at risk of developing, osteoporosis. We've found some useful tips for incorporating walking into your daily routine on the NHS Choices website - there's also a link to their Active 10 mobile app, so you can monitor how much and how fast you've walked. If downloading an app isn't for you, a pedometer may be a low cost alternative.

Of course, achieving target levels of activity can mean different things to different people, depending on age and general state of health. Your student practitioner will be able to advise on what's most suitable for you.

With best wishes
The ESO Clinic Team

Walk to School Week: 21-25 May

We're encouraging everyone to get more active this spring, including the younger members of the family. By joining in with Walk to School Week you'll be helping to:-

- Cut congestion and improve safety at the school gates
- Be part of the fight against air pollution
- Build in a bit more physical activity into your family's day

To keep the motivation going, we're offering user-friendly ESO pedometers for just £2 - available to buy at our Reception desk

Focus on - Foot and Ankle Pain



The foot and ankle area is constructed of small bones, ligaments, muscles and fascia, working together to provide the strength, stability and flexibility needed for the foot and ankle to function effectively. There are several common conditions that can cause pain in the foot and ankle including:-

- over-pronation caused by flattening of the side or inner arch of the foot;
- inflammation of the plantar fascia, a tough fibrous band of tissue that supports the arches of the foot
- inflammation or tendonitis in the achilles tendon
- spraining of the ankle ligaments

How can an osteopath help?

Depending on the cause of your pain, we will use a variety of gentle massage and manipulative techniques; the aim is to increase the mobility of the joints and the flexibility of the muscles in the foot. As well as looking at the foot itself, we will usually assess the muscles and joints of the lower limb, the hip, lower back etc for restrictions and tightness. Treating the lower limb and the body as a whole often helps relieve tensions in the foot and ankle. We may also offer advice on strengthening exercises, physical supports and footwear, and even lifestyle factors that might be affecting your condition. If necessary, we may refer you for further tests to help with a diagnosis, scans etc, or to another healthcare professional, such as your GP or perhaps a podiatrist for specialist advice.

Sign up for email updates

www.eso.ac.uk/patient-newsletter

Tel: 01622 685989 Web: www.eso.ac.uk/clinic

Connect with us



ESOClinic

ESO_Clinic

Supporting our local partners

ESO students were on hand again this March, supporting the Maidstone Road Run on behalf of one of our clinic partners, the Heart of Kent Hospice. The team really enjoyed the day and received some great feedback from runners. These events provide terrific hands-on experience for our students, with a variety of body types and muscle groups being treated. If you have an event you'd like us to support, or if you'd like to discuss your company or organisation becoming an ESO Clinic partner, please do get in touch by emailing news@eso.ac.uk.



Specialist clinic videos

We have a range of NEW Clinic videos available to view via our website or through the ESO YouTube channel [EsoAcUkOsteopathy](#). Look out for snippets on our social media channels and please do support us by commenting /sharing with online friends.



Osteopathy for sport

From May 2018 our specialist Sports Osteopathy Clinic will return to its regular Friday morning slot.

Led by specialist tutor Simon Tolson, the Sports Clinic offers a comprehensive osteopathic service to all types of sporting individuals, with advice on injury prevention, enhancing performance and on rehabilitation - helping to aid recovery from injury. Please ask at Reception for details.

Patient Feedback

The next Patient Experience Group (PEG) meeting will be held on Thursday 17th May at 6.00pm. If you'd like to join the group and help influence decision-making at the ESO Clinic speak to one of our receptionists or email clinic@eso.ac.uk. You can also share your views through one of our patient feedback forms, available to pick up at Reception. We value all opinions, good or bad, so please do get involved!

New car parking system on its way

To help meet the parking needs of all our patients, we're introducing a number plate recognition system at Clinic.

Parking will remain FREE of charge for patients - simply enter your registration number when booking in at Reception. A 'grace period' will be in place to allow for dropping off and collection.

The new system starts this summer - we'll be providing regular updates and reminders before it comes into effect.

News Updates - your consent needed!

We like to keep patients up-to-date with all our latest news and offers and, in this digital age, our preferred option is through email. New Data Protection legislation coming into effect at the end of May, means we must provide evidence that patients have given permission for us to get in touch. To make sure we comply, we're asking all patients to sign up afresh for our email updates.

We'll be sending reminders to our current mailing list recipients. You can also sign up at Reception or through our website. It only takes a moment and you will receive the latest news about how we support our local area, our specialist clinics and offers. Unfortunately, we won't be able to email you unless we have renewed consent to stay in touch. If you'd rather keep up-to-date through our printed newsletter or by following our social media channels that's fine too - you can follow us online at www.facebook.com/esoclinic or at www.twitter/eso_clinic.

Sign up for email updates

www.eso.ac.uk/patient-newsletter

Tel: 01622 685989 Web: www.eso.ac.uk/clinic

Connect with us

