

Health

Getting back in shape

How often do you suffer from muscular pain but just ignore it in the hope that it will go away? Maybe it's time to see a physiotherapist...

It's easy to become used to persistent aches and pains in your body, but unfortunately, small niggles can turn into big problems. I spend most of the day working at my computer, writing articles, inputting data, dealing with emails and so on and often end up with a cricked neck, hand pain from using the keyboard too much and headaches.

A visit to Kate Sheehy, physiotherapist at Richmond Physio, made me realise I was ignoring this discomfort at my peril: 'By the time you have symptoms the problem has already been there for a while and will only get worse.'

She pointed out that although I am reasonably supple there is a lot of

tension in my middle back. This is probably due to years of childhood asthma, when I would bend my body over and hunch up my shoulders in attempt to draw in air. The headaches are probably triggered by my often leaning forward on my desk with my chin in my hand when I look at the computer screen.

Kate worked on my neck and thoracic region, mobilising the first rib to reduce tension on the nerves and to reduce the pain in my neck and down my arm. She advised me on my posture and suggested yoga, pilates and the Alexander Technique as all good ways to keep the body relaxed and in shape.



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