



Water Lane Clinic Winter Newsletter

This Newsletter comes to wish you all the best for Christmas and the New Year from the team at Water Lane Clinic. Those of you passing the clinic recently will have seen our festive skeleton. On his Christmas list is a right foot and a left arm!



In November we sadly said 'Good Bye' to Liz Kirton our Women's Health Specialist who has left the north to join her boyfriend in London. Liz helped to recruit her replacement and we are delighted to welcome **Fiona Hart** to join us.



Fiona qualified in 1989 at Leeds School of Physiotherapy. Fiona currently works part time as a specialist Women's Health Physiotherapist at Wythenshawe Hospital and at Water Lane Clinic. She specialises in the treatment of musculoskeletal conditions associated with pregnancy and all aspects of

continence, including bladder and bowel related issues and pelvic floor muscle problems. She is an associate member of the Association of Chartered Physiotherapists in Women's Health.

The recent snow and ice, coupled with the timely dump of snow in the Alps has got us all thinking about skiing. If you have a ski holiday booked and need to get fit, give us a call for a tailor made session to suit your skiing needs.

The winter months are also ideal to get fit for your summer activities. We have had 3 British Super Bike racers starting Core Work and Specific Strength Training. Their season starts in Spain in March. Triathletes and golfers are also coming to us for specific training needs.



(Don't try this at home!).

Opening hours over Christmas:

- Saturday 24th to Tuesday 27th Closed
- Weds 28th to Friday 30th normal hours
- Saturday 31st to Monday 2nd Closed
- Tuesday 3rd back to normal hours

For appointments call 01625 252475 or email physio@waterlaneclinic.co.uk

For updates on appointment availability and opening hours follow us on Twitter

@waterlanephysio



Have a very Happy Christmas,
From Frances and the team

