



Back in Action^{UK}
Keeping workplaces moving

Back Story

Quarterly Newsletter



Summer 2022
Issue 03



WELCOME

Welcome to the Summer edition of Back Story. This quarterly newsletter aims to bring you the latest news, recent research, and the up-to-date guidance on staying healthy in the workplace and beyond.

Summer is here! The warmer weather should inspire us to get outdoors and start exercising more, so in this edition, we give you some tips on exercising safely in hot weather. We will also explore the benefits of exercise for those going through the menopause and share new research which looks at how one way of exercising gets great results when it comes to improving health and fitness.





BACK TO BASICS

TOP 5 TIPS

Exercising in Hot Weather

After two years of Covid restrictions, we are ready to get out and enjoy the outdoors. However, it's important to stay safe when you exercise in hot weather to avoid discomfort or serious heat-related illness.



If you would like advice about exercising, get in touch with **Back In Action UK** on **020 7480 5976**

Our Physios can develop a tailored programme for you which considers your current levels of fitness and individual needs.

1

ONE

Drink plenty of fluids

You will sweat more when exercising in hot weather so fluid intake is crucial to prevent dehydration and optimise performance. Sports drinks can also be useful to help replace important electrolytes such as sodium and potassium which are lost through sweating.

2

TWO

Avoid peak sun hours

Exercising during peak sun hours (when the sun emits the most radiative heat) is not advisable as it can be a contributing factor to developing heat-related illness. Early morning or evenings are best so that you avoid the hottest hours between 10am and 3pm.

3

THREE

Wear the right kit

Choose lightweight, loose fitting clothing to help keep you cool. This allows sweat to evaporate more easily which is important for maintaining body temperature in the heat. Wear light colours to reflect the sun's rays. Don't forget the sunscreen!

4

FOUR

Know your limits

If you are not used to exercising, are recovering from an injury or usually only exercise indoors, it's important to respect your limits. Start off in a gradual way, increasing the duration and intensity over time and taking regular breaks to allow your body to adapt.

5

FIVE

Stay safe:

Be aware of the signs of heat-related illness such as heat stroke. If you experience muscle cramps, nausea, headaches, or dizziness - stop exercising, move into shade and hydrate. Contact the NHS 111 service for medical advice if you are unsure.



BACK IT UP

NEW RESEARCH ON EXERCISE

This section of our newsletter brings you some of the latest research news in the field of occupational health and general wellbeing.

In this edition, we look at how not all exercise is created equal! We show how one type of exercise has been found to have a bigger impact on fitness and overall health than traditional forms of exercise.

Recent research has found that a type of exercise known as 'eccentric' exercise leads to greater improvements in muscle function, joint flexibility, balance, and bone density than other types of exercise.

Traditional exercise tends to focus on shortening the muscle against resistance (e.g., lifting a weight), whereas eccentric exercise requires the muscles to lengthen under resistance (e.g., slowly lowering a weight). A study compared people who exercised by regularly walking up several flights of stairs, with people who regularly walked down the stairs (eccentric exercise). The results showed that the eccentric exercisers gained more fitness and showed greater improvement in health markers such as blood fat levels. In fact, they improved their muscle strength twice as much as the other group. This is thought to be because eccentric exercise activates specific muscle fibres, which in turn stimulates optimal muscle growth.

The good news is that eccentric exercise generally feels easier to do and continues to burn more calories after finishing than other types. It has also been shown to be beneficial for all ages (including the over 65s) and all fitness levels.

Try this eccentric exercise: The Slow Sit

Stand in front of your chair and slowly bend the knees taking 3-5 counts to reach a sitting position, without using the arm rests. Stand up in 1 count and repeat!

'Weight Lowering' can be even more beneficial than 'Weight Lifting'

If you would like to know more about eccentric exercise or other types of strength training, but are worried about a health condition or injury, get in touch with **Back In Action UK** on **0207 480 5976**.

Our Physiotherapists can advise you on training in a safe and sustainable way.





BACK OFFICE

MEET THE BACK IN ACTION UK TEAM

Back in Action UK are a team of experienced occupational physiotherapists and support staff who provide workplace health and physical health solutions to our clients all over the UK.

In this edition, we would like to introduce you to team member **Michele Jones**, Clinical Administrator at Back in Action UK



Pictures: Michele and her cute dog, Chloe

Michele Jones Clinical Administrator

Can you tell us about your role?

My role is to manage telephone or email enquiries, patient referrals and case management - essentially to provide administrative assistance to everyone in the company...and anything else that pops up during the day! I work from home, which I was doing even before the pandemic.

What's your favourite part of the job?

I genuinely care about our patients' health and wellbeing, so my favourite part of the job is feeling like I am helping patients. Even though I don't actually do anything (that's entirely the physios!) I still seem to get a lot of gratitude from patients, which is absolutely wonderful and makes my day. I make it a priority to do whatever I can to get them the help they need as soon as possible.

How do you keep fit and healthy?

I'm a big fan of walking and I am lucky enough to live in the countryside where I can go on long walks with my children and my border terrier, Chloe.

What are your favourite things about Summer?

Going back to Canada! I am Canadian and I return to Canada every August, which is a time when I get to catch up with friends and family.

What's on your bucket list?

Visiting Hawaii...although geographically speaking, I probably should have done that before I left Canada! I would love to snorkel and go hiking in such a varied landscape, from rainforests to waterfalls.



BACK FOR GOOD

MENOPAUSE AND EXERCISE

The menopause (when periods stop) and peri-menopause (the time leading up to periods stopping) can be challenging as you may experience symptoms related to the change in hormone levels. Exercise has been shown to be helpful in managing these changes and supporting the transition through this natural life stage. In this section we share advice about exercising during the peri-menopause and menopause.



Walking

The risk of heart disease increases during and after the menopause, but exercise is one of the most effective ways of reducing this risk. Research shows that walking for 40 minutes at a medium pace, 2-3 times a week helps protect heart health in menopausal women. It can also prevent post-menopausal weight gain and improve mood.



Strength Training

This is key to help maintain bone health and prevent age related muscle loss. Strength training doesn't have to be lifting weights, activities such as stair climbing or cycling can offer enough resistance to improve strength. Body weight exercises such as press-ups and squats are also effective. Aim for 2 strength training sessions a week.



Yoga Practice

Menopausal symptoms vary, but hot flushes, disturbed sleep and low mood are particularly common. Practicing Yoga on a regular basis has been found to improve all these symptoms as well as having numerous general health benefits.



Stretching

Flexibility naturally declines with age but the good news is that regular stretching can help to maintain joint mobility. A recent study found that ten minutes of stretching before bed reduced menopausal symptoms and improved mood and sleep quality.

If you would like further advice about exercising during the peri-menopause or menopause, get in touch with your **Back in Action UK** team on **020 7480 5976** or email at enquiries@backinactionuk.com to discuss how we could support you further.



BACK TO THE FUTURE BACK IN ACTION UK NEWS

We would like to keep you up to date with what the Back In Action UK team has been up to and what we are planning for the coming months.



Client Survey Results

At Back In Action UK, we are continually exploring ways to improve our service. An important part of this process is regularly sending out surveys to our clients for feedback.

We were pleased to receive such positive results from our most recent survey this year. For example, 93.5% of clients strongly agreed that their Back In Action UK physio took the time to listen and understand their health problem and fully explained the purpose of any treatment they gave.

In addition, 78% of clients said that they highly valued the Physiotherapy service and felt it had enabled them to stay at work or return to work sooner after an injury.



The Driver MOT

In the same way that we regularly check our vehicles to keep them running smoothly, our bodies also need attention to stay healthy.

Back in Action UK Physiotherapist Julianne Jameson has developed a new workshop to support the health of drivers. The Driver MOT Workshop is a valuable resource for all drivers, offering hints and tips on managing the long periods of sitting that comes with driving.

The workshop focuses on how drivers can introduce more movement into their day, examines some of the barriers to moving more, and provides practical advice on how to shift into the right gear when it comes to healthy eating, staying hydrated, managing stress, and making stretching a daily habit.



Fit Note Certification

In July, the law will change, allowing Physiotherapists to certify Fit Notes, where previously they could only be issued by a GP. A Fit Note is a form which allows a health professional to give advice about your fitness to work and is usually required if you have had more than 7 days off sick.

Research shows that long absences can make it difficult to return to the workplace and have a negative impact on health. The new law recognises that physiotherapists are experts in advising on workplace adjustments and guiding rehabilitation so that people can return to work sooner.

If you would like to hear more about The Driver MOT workshop or have questions about our services, please call us on **020 7480 5976** or email at enquiries@backinactionuk.com.



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