

established in Newport Pagnell for **15** years

BODY LIMITS
CLINIC & GYMNASIUM

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GETTING moving and keeping moving, by participating in all forms of sport and active leisure, helps keep both the body and mind supple and healthy.

Joints surfaces are nourished by movement, muscle length is maintained, heart and lung capability is improved and stress-busting chemicals are released, helping us combat the effects of stress and raise our concentration levels.

Being prepared for the sport of your choice through equipment choice, knowledge and coaching can all help limit injury.

You don't have to play tennis to suffer from tennis elbow. It is characterised by pain and tenderness on the outside of the elbow, sometimes travelling down the forearm. Poor playing technique, a new racquet, a new grip or repetitive gripping, twisting movements (typically among gardeners or DIY enthusiasts) can trigger it off. If it's associated with pins and needles, there may be a neck problem.

If all else fails, consult a chartered physiotherapist who will examine your neck, all the arm joints and the local tendons and muscles to ensure the correct diagnosis and treatment is given.

St Jude's Clinic in Lake Street, Leighton, has chartered physiotherapists specialised in treating such injuries, as well as other conditions such as back and neck pain, to name but a few.

Further details can be viewed at www.stjudesclinic.com or on (01525) 377751 or emailed to enquiries@stjudesclinic.com, with any specific queries you may have.

To keep you on track, St Jude's are also offering a free massager with every sports massage session in the next two months.