



**Lisa Jack, (BSc) Hons, MBDA  
Freelance Dietitian**

**Services offered:**

Lisa offers advice to improve health and well-being through diet and provides advice to clients seeking to manage diet-related medical conditions such as:

- Weight management
- Irritable bowel syndrome
- Diabetes
- Reducing high blood pressure
- Cholesterol lowering
- Polycystic ovary syndrome
- Mood improvement
- Mindful Eating
- Many other aspects of diet such as achieving a balanced diet and vegetarian diets

**Lisa's top Tip:**

***Make one small change at a time!***

Don't go for the 'all or nothing' approach of 'on diet' or 'off diet'. Choose one small thing you can change in your diet such as increase vegetables or fruit by 1 portion or reduce crisps or processed snacks by 1 a day.

Success = small changes.

***Healthy eating improves your health and helps you feel your best. It doesn't have to be difficult.***

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**Feb / March 2015**

*Welcome to The Village Clinic  
Column - Our Clinic Newsletter*

**Staff news and updates**

Sadly Ricky has decided the commute to us from Wolverhampton daily is too much and he has found a new position closer to home. You will be pleased to know that we have twisted his arm and he will stay with us 1 day a week. His appointments will become like gold dust so booking early is essential. We wish him all the best with his new venture.



We are very lucky to have found Georgina Prior who is a very experienced Podiatrist to take over from Ricky. Georgina has worked within the NHS and is excited about working in private practice. **As with all the Podiatrist she**



**is registered with the HCPC.** The HCPC have a strict Code of Conduct and require registrants to keep up to date with regular training and

reflective practice. →

As well as our fabulous team of Podiatrists and Physiotherapists we also welcome at The Village Clinic a select group of practitioners to complement our services. These are:



- **Becky Medcalf**, Therapeutic and Sports Massage and 1 on 1 Pilates

- **Lisa Jack**, Dietitian (See Page 4 for Lisa's article)

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## Introducing “Rock Tape” By Isobel Evans, Physiotherapist

Watch any sporting event on Television and you are bound to have seen sports men and women with various pieces of brightly coloured tape attached to their limbs. You may have wondered what it is for and what good is it doing???

What you have seen is called **Kinesiology Tape**.

So what are the benefits?

### THE BIG 4:

- Pain relief:** by reducing pressure on pain receptors
- Reduced swelling:** by improving fluid dynamics
- Posture control:** by acting as an elastic reminder
- Normalises muscle activity:** by nerve or muscle stimulation

### Due to these the tape can also:

- Delay muscle fatigue
- Improve balance and co-ordination
- Optimise injury recovery
- Allow you to remain active whilst injured



### But how does putting tape onto the skin achieve all these benefits?

Firstly our skin is the largest organ in our body covering its entire surface. It consists of two layers, the Epidermis and the Dermis in which there are blood vessels, nerves and sensory organs. There are then two layers of subcutaneous tissue sitting below this comprising of larger blood vessels, lymphatic (drainage) vessels and nerves, all surrounded by connective tissue and fat cells. Application of the elastic tape directly onto the skin is thought to create a small but significant reduction in pressure on the tissue just under the skin therefore having an effect on muscle tone in a similar way as modalities such as massage. Also stimulation of the sensory receptors in the skin both activates the ‘pain gate mechanism’ and helps the nerves to become more aware of movement so we can move better, fatigue less and so lessen the risk of injury.

The Tape can also be applied in a way that improves glide of tissues over each other and improving blood and lymphatic flow (so can be used to help swollen joints).

There are many brands of kinesiology tapes available varying in both price and quality. After trial and error we have decided to use a brand called **ROCKTAPE** as its combination of stretch and adhesive strength means that it tends to remain in place longer than other brands.

Myself and Lucy recently attended a **ROCKTAPE** course (see a few of our photos below) and are confident of its uses and application. We are now frequently using tape as part of our treatments if appropriate to the condition but we also stock tape to sell for self application at home.

If you want any further information on **ROCKTAPE** and its uses please do ask one of our physiotherapists. The following conditions respond really well to Kinesiotaping ( but you can tape just about everything—the list is endless!)

- Knee pain (especially Anterior knee pain)
- Achilles and calf problems
- Plantar fasciitis
- Tennis elbow
- Shoulder pain
- Neck pain / whiplash
- Simple Low back pain
- ITB syndrome
- Posture help

