



# Studio News

## PHYSIOTHERAPY & THE MENOPAUSE

Written by Kate Montgomery & Dionne Ryder

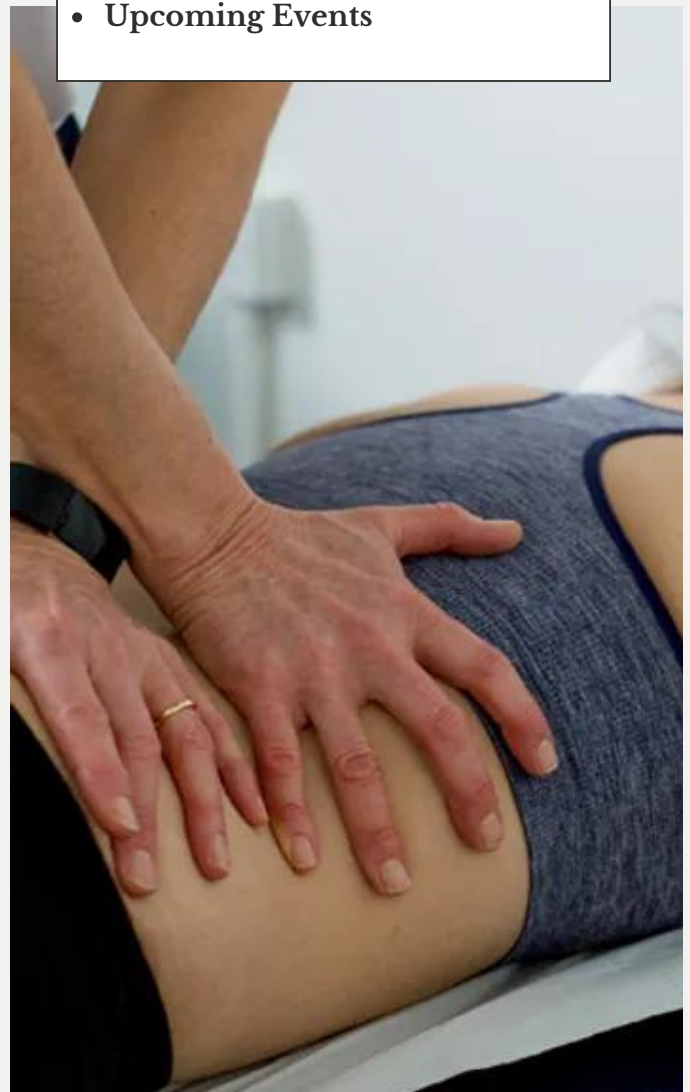
Since the Oak House Studio opened, just over a year ago, Kate Montgomery and Dionne Ryder have been pleased to offer quality Physiotherapy care within its beautiful environment. Over 25 years ago Kate established Move & Improve Physiotherapy in St Albans with Dionne working alongside her for the last 18 years. Kate and Dionne each have over 30 years of clinical experience and have undertaken specialist post graduate training.

They use their skills to assess and treat people of all ages who are experiencing pain from a range of disorders affecting their musculoskeletal-skeletal system. They also share their knowledge and experience with MSc students as visiting lecturers teaching on the Advanced Physiotherapy programme at The University of Hertfordshire.

Many people are unclear about what Physiotherapist can offer. For Kate and Dionne, the patient's needs and expectations are always kept at the forefront of their minds. Patients benefit most when their care is offered from a holistic perspective. It is acknowledged in quality health care provision that "feeling listened to" is something most patients are seeking, and this is critical for both to work together to achieve a successful outcome to treatment. Kate and Dionne listen carefully to patients fears and using relevant science to help inform /support a patient's understanding of their own body.

### WHAT'S IN THIS MONTH'S ISSUE:

- Physiotherapy & The Menopause
- Upcoming Events





Kate and Dionne are particularly interested in supporting women as they go through the seismic hormonal shift that is the menopause. Both are well informed and use up to date evidence to support women during this time. It is well known that as Oestrogen levels reduce, women will experience classical symptoms such as hot flushes but less well known is that there are oestrogen receptors in all body tissues so oestrogen reduction affects a woman's musculoskeletal-skeletal health too. This is often why women seek care

Some of these effects are:

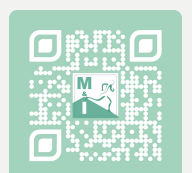
1. Tendons especially those in ankle, elbow shoulders and hip can become grumpy and sore due to either too much or too little load.
2. There is a loss of muscle mass related to age, levels of activity and hormonal changes.
3. Bone health can be affected with reduced strength leading to osteopenia or osteoporosis
4. Moods swings are often described
5. Anxiety levels can increase
6. Motivation to eat healthily, exercise regularly can be challenging

We now know the functions of Oestrogen are to protect bone health by reducing bone turnover, maintain the inner walls of blood vessels protecting from cardiovascular issues, protect brain function to maintain cognitive ability as well as improve musculoskeletal tissue resilience.

The good news is that physiotherapy is well placed to support women through this process, using research-based information and experience to advise on practical changes. For example, restoring confidence in a woman's body by building muscle strength can be done simply from home using targeted body weight muscle strengthening techniques - often approaching a muscle's underlying strength will settle a sore tendon. Increased muscle activity has a direct effect on bone tissue too. This is particularly important for the women who have been diagnosed with osteopenia or osteoporosis. Women with this condition require a measured approach to regaining some strength and establishing an activity plan.

Kate and Dionne are passionate physiotherapists who are constantly aiming to improve patients experience of Physiotherapy.

Please get in contact if you would like to discuss whether you would benefit from being seen by Kate and Dionne.



# Upcoming Events



## PREGNANCY YOGA RETREAT

SUNDAY 5th March 10 - 1pm  
The Oak House x Yoganic

for more information visit [www.theoak-house.co.uk](http://www.theoak-house.co.uk)

## PREGNANCY YOGA RETREAT

SUNDAY 5th MAR 10:00am

The perfect self-care morning for you and your growing bump, taking time to connect and nurture yourself.

You will have a deeply nourishing, revitalizing and relaxing time, and leave feeling just wonderful. A morning of indulgence you deserve.

Suitable from 12 weeks onwards until giving birth.

## GIRLS RISING MOVEMENT

SUNDAY 12th MAR 10:30am

A perfect opportunity for you and your daughter to spend quality-time together in a meaningful and enriching way whilst gaining clarity over how to support yourself and your daughter as she journey's through puberty.

Children age 6 - 12 \*(5 yr old can attend but must be accompanied)

Look forward to seeing you for the journey.



FOR DETAILS ON THESE EVENTS OR OTHERS VISIT:  
[www.theoak-house.co.uk](http://www.theoak-house.co.uk)

# Upcoming Events



## BEGINNERS YOGA COURSE

WED 15th MAR - 17th MAY 19:30

Beginner's progression is perfect for those newbies to yoga who are looking to continue their journey, or for those in need of a 'refresher' course.

If you have completed a beginner's course and wondering what the next stage is? Or perhaps you're looking for a slower paced yoga class? Then beginner's progression could work for you.

## LEGO MASTER BUILDERS

FRI 7th APR 11:30am

### EASTER HOLIDAY ACTIVITIES

Come and join us for these fun, informal stay and play sessions.

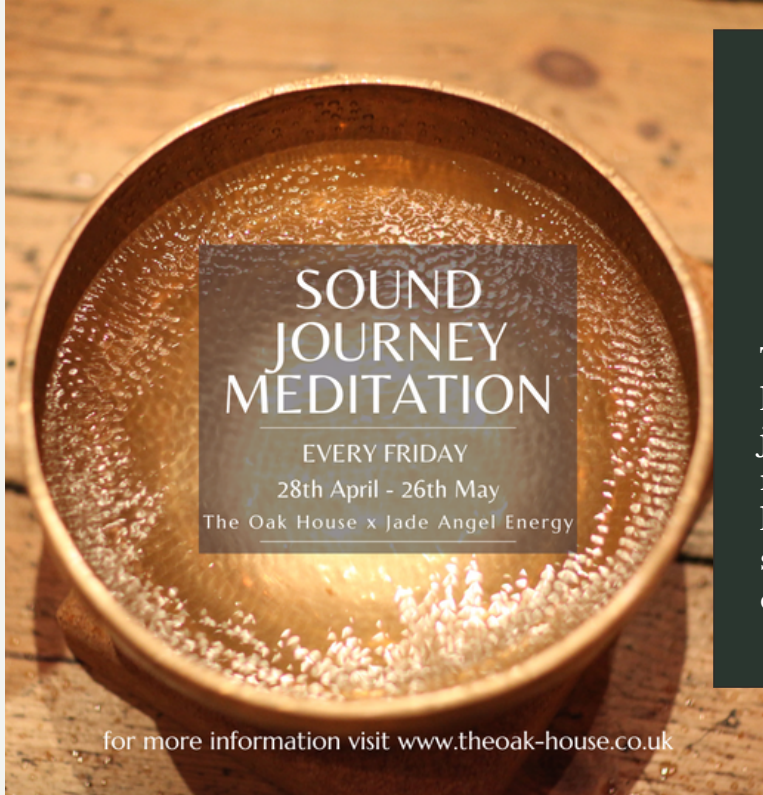
Activities available will include race car building and racing on our ramp. LEGO Mosaics, Bionicals, Trains, Games & City Building. We will have DUPLO available for smaller LEGO fans but the sessions are primarily aimed at reception age upwards.

Each session duration is an 1 hour 15mins.



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# Upcoming Events



## SOUND JOURNEY MEDITATION

EVERY FRI  
28th April - 26th May 19:30

Together with The Oak House's magical location and Jade's abilities to assist you on journey into a deep meditative state of relaxation, you can be assured that these limited Friday night sound sessions will start your weekends peacefully, letting go of the stresses of the week.

## SPRING AWAKENING RETREAT

SUN 16th April 10:00

This Spring Awakening retreat will work through a combination of breathwork, movement and meditation - using the power of yoga and the vital tools that the practice gifts us to connect to our deepest most authentic selves; raising our vibrations to allow us to let go of what no longer serves us to make room for the new join me for a day of pure joy and uplift.



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# Upcoming Events

## WEANING SUPPORT - EARLY BIRD OFFER £38

Sat 13th May 13:00

The first 12 months of life are critical for the development of the infant gut microbiome, which help to lay the foundations for life long health. A window of opportunity exists between 0-3 years where effective weaning practices can be introduced to support the developing brain and immune system.

This talk and workshop will help support you through the weaning process and introduce you to the power of plants



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