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Physiotherapy Day

Celebrate

Leitrim Physiotherapy celebrates World Physiotherapy Day

Leitrim Physiotherapy and Pilates Studio is delighted to have been selected as one of the 14 clinics in Ireland to promote World Physiotherapy Day in September.

This comes just as the clinic celebrates 3 years looking after the health and fitness needs of the local population. Clinic Proprietor and Lead Physiotherapist, Selina Shanley comments that she has noticed a positive shift over the last 3 years in people’s attitudes to looking after their well-being and fitness.

“One of my goals when I opened the clinic almost 3 years ago was to promote healthy living and the importance of exercise for physical and mental health. You can’t help but notice the volume of people walking, running or cycling on roads and the variety of sports clubs and organisations gaining momentum locally. As a Chartered Physiotherapist, my training enables me to treat and advise clients on prevention and management of injuries, for both the sporting and non-sports population.

Physiotherapists are well placed with their backgrounds in medical training to understand the influence of health problems and their impact on physical well-being and on how to optimize physical function.”

Selina and Aisling, the clinic Physiotherapists, work to facilitate clients participation in the activities important in their lives and help them achieve their goals.

After assessment, clients are treated with manual and acupuncture techniques and prescribed an individualized rehabilitation plan. The clinic is in a unique position to offer Physiotherapist led Pilates classes alongside use of a rehabilitation suite to promote cardiovascular fitness and optimize training needs. Yoga classes taught by Tara Killeen are designed to meet clients stretching and relaxation needs.

Clinic opening hours are flexible and include early morning, evening and weekend appointments and sports events cover. Treatment costs are covered by health insurers and club discount rates are available.

For queries or bookings or class timetables, contact 0719650387 or 0879401024. Follow us on Facebook to avail of September Anniversary and World Physiotherapy Day Specials.
Hogan on the ball for World Physio Day

Charlie Fitzgerald to the Clare senior hurlers, Diarmuid Horgan, tends to work the oracle with players nursing injuries but he hasn't yet perfected the art of being in two places at the one time.

Next Sunday is World Physiotherapy Day but it was also the day Shannon man Diarmuid Horgan will be running the show in Croke Park as physio to the Clare hurlers, who are hoping to lift the Liam McCarthy Cup.

However, Diarmuid perfected a neat side-step this week in order to avoid his dilemma. He called Clare hurling legend and two-time All-Ireland medal winner, Brian Lohan for an exercise class at the University of Limerick to help launch World Physiotherapy Day.

Participants in the launch, which delivered the clear message that one is never too young or too old to keep active, also included Brian's two sons Cathal (seven) and Tadgh (six) and enthusiastic Cork fans Jack Killeen (11) from Charleville and Eamonn Horgan (11) from Ballyass.

Diarmuid, of Abbey Physio, explained that members of the Irish Society of Chartered Physiotherapists (ISCPh) have organised a series of free exercise classes on Sunday to mark World Physiotherapy Day. These classes range from pilates to bone health classes and are taking place in private practice, hospital and community settings.

"We are delighted to have Brian Lohan and his two sons to help us launch World Physiotherapy Day, which is a global event celebrating the contribution which chartered physiotherapists can make to the health of individuals and nations. "This is our first year to organise the series of free classes and we hope it will become an annual event, which will grow year on year," he outlined.

On World Physiotherapy Day, the annual theme of Movement for Health is introduced. This year, the message is Fit for the Future.
Medical Notes

Cancer rates higher in poorer areas: Poorer and marginalised groups have rates of certain cancers up to 70 per cent higher than those in more advantaged groups, according to the Irish Cancer Society and the Society of St Vincent de Paul, which hosted the annual Irish Cancer Society Charles Cully Lecture in Dublin yesterday. Lung, stomach, head and neck, and cervical cancers are all more common in areas of higher unemployment and lower levels of education. Men in areas with the poorest education levels have a 32 per cent greater risk of lung cancer than men living in areas with the highest level, while women have a 23 per cent greater risk.

Fit for the future: World Physiotherapy Day on Sunday.

Jack Kilcommín (11) and James Morgan (11), from Cork, team up with Brian Lohan, former Clare Hurter, to promote World Physiotherapy Day on Sunday.

Physiotherapy Day takes place this Sunday, September 8th, the day of the highly anticipated All-Ireland Hurling Final clash between Clare and Cork. One of the key messages of the day, which is held around the world to mark the contribution chartered physiotherapists can make to the health of individuals and nations, is Fit for the Future. The Irish Society of Chartered Physiotherapists point out there is a marked disconnect between the amount of activity parents think their children take part in and the high levels of obesity in the State.