

Time to celebrate!

We are proud to announce that the clinic has just turned five.

Having opened in Canary Wharf in September 2002 with two physiotherapists and one patient, the clinic now employs four physiotherapists, a sports massage therapist and a researcher, and treats rather more patients than it did in September 2002; with last month our busiest month ever.

The week of celebrations started with the inflation of helium balloons; rather rapidly degenerating, with each specialist inflating and inhaling in equal measure! However, decorum was restored for the Director's interview with a journalist from The Wharf Newspaper, regarding the clinic's rapid ascent. The celebrations ended in style with the whole team coming together to celebrate with a lavish meal at Gordon Ramsey's new pub The Narrow.

As for the next 5 years? Watch this space!

Course attendance

Courses recently attended or due to be attended by the team include: Inaugural Current Concepts Sports Meeting; Foot & Lower Leg Biomechanics; The Sporting Spine; The Back Show; The Shoulder: Theory & Practice; Acupuncture & Women's Health; ACPWH Conference.

Interesting research findings

Richard Jenkins BA MSc has completed his first two research papers for the clinic.

The first, **'A review of the impact of female incontinence on employment-related outcomes: loss of productivity at work and costs to employers'**, resulted in some astounding findings:

- The total loss in productivity due to Overactive Bladder* (OAB) in the United States in 2000 was estimated to be \$841 million.
- The average annual indirect work loss cost to the employer of an individual with OAB was 1.7 times the cost for a non-OAB employee.
- The mean impairment in productivity among the group with OAB was

calculated at 20.4%, equivalent to one eight hour day in a 40 hour week.

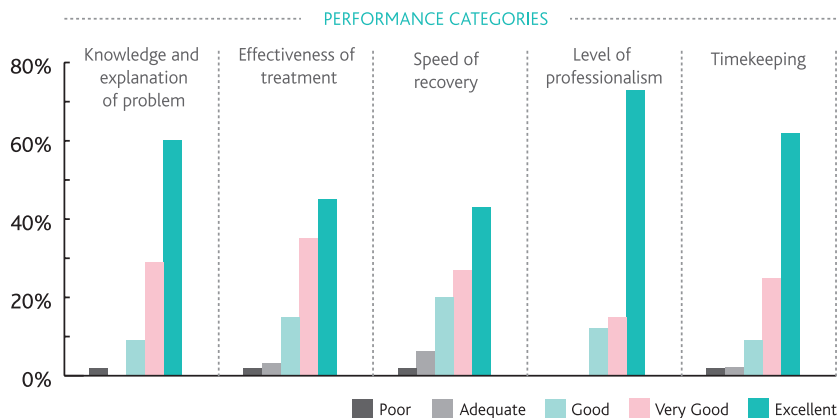
**The symptoms of Overactive Bladder include urinary frequency, urinary urgency, and urgency urinary incontinence.*

The second, **'What are the best functional scores for the spine, upper limb, and lower limb'**, mean that each of our specialists are now employing some of the most reliable and validated subjective questionnaires, to assess their patients' progress from initial assessment to discharge.

Our new Spinal Specialist

Since joining Physiotherapy London six months ago Peter Mulvey MCSP HPC MMACP, who has an additional MSc in Manipulative Therapy, has been

achieving excellent results. As the graph demonstrates, **more than 90% of patients rated Peter as Good, Very Good or Excellent in all 5 categories.**



PHYSIOTHERAPY LONDON

Why see a generalist when you can see a specialist?

Spinal Specialist

Peter Mulvey
MCSP HPC MSc MMACP

Upper Limb Specialist

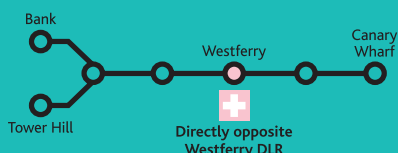
Tendayi Mutsopotsi
MCSP HPC MSc Ortho. Med.

Lower Limb Specialist

Miffy Edlund
MCSP HPC OCPPP

Pelvic Specialist

Debbie Stuart
MCSP HPC ACPWH



MEMBER OF CSP, HPC & OCPPP



"Where fast results count"