



# news

**Dr Roger Hawkes**

**Physio lead:**

**Ms Erica Parker**

## PHYSIOTHERAPY FOR ALL

- Now in 9<sup>th</sup> year!
- Evidenced based and using few machines!
- Multidisciplinary team specialising in:

AS RECOMMENDED BY  
**thebestoflichfield**

- I want to get going!
- I want to stay active!
- "I don't play sport!"
- "I play sport"
- Women's Health
- Chronic Pain

- Supported by, sport and exercise specialist doctors (registered with BUPA, and all major insurance companies)

### Recent News

**Dr Roger Hawkes:** is retiring! Was it all too much in Rio or at the Ryder Cup in 2016. Look out for his blog!

**Chris Wilson:** joins our Physio team

(see overleaf)

**You Tube:** Look out for all our exercise videos on You Tube. Search for Sports Medicine Partners.

**Facebook and Blog:** Don't forget to look at our blog and like us on Facebook for useful advice and tips on many issues.

**FOR MORE INFO CONTACT JACKIE!**



## Dr. Roger Hawkes retiring: Dr. Kim Gregory taking over!



**Dr. Kim Gregory** is now holding more regular clinics at SMP. A Consultant in Sport & Exercise Medicine in Birmingham and Leicester she has interests in Paediatric/Adolescent Sports Medicine, Dance Medicine and Parasport but her clinical practice encompasses a broad range of musculoskeletal conditions. She is currently working with GB Basketball, England Disability Football Squads and is a National classifier for British Athletics. Through her work with the University of Birmingham Hi-performance centre and Talented Athlete Scholarship Scheme (TASS) she has experience working with athletes across a wide range of sports. Kim trained in the West Midlands so has a network of colleagues across medical and surgical specialities in the region and is registered with all major insurance companies.

**Chris Wilson** has joined our physiotherapy team. Chris has worked in the elite sports physiotherapy environment for over 10 years. He was head of Academy Sports Science and Medicine department at Aston Villa Football Club and has recently been invited to work on the PGA European Tour. Chris also takes an active role in education as a clinical tutor in the sports therapy department at University College Birmingham.

## What's new in 2017?

**CHRONIC PAIN-** Patients attending SMP with long term (chronic) pain have been benefiting from a self-management approach using a resource introduced to the practice by Eve Jenner, specialist pain management physiotherapist.

**GP SEMINARS-** short seminars held in your practice musculoskeletal assessment (eg the 5 min minute KNEE assessment or When not to refer a knee to a surgeon!) We can arrange ultrasound demos and discuss modern clinical reasoning. Contact us to discuss.

**WOMEN'S HEALTH-** Physio Sally Hurley can help you in our clinic at SMP!

**MASSAGE THERAPY-** Are you tense and tight and need loosening up- come and see Jaime!

**HYPNOTHERAPIST-** Well-known local nurse, Liz Earnshaw, now doing sessions at SMP

**JACKIE LOCOCK-** Our well known Practice Manager who has been here from the start!! Call her to discuss your requirement

