

The Courtyard Clinic

Physical
Health

Acupuncture



Osteopathy/Physiotherapy Sports & Remedial Massage

- Back, Neck & Shoulder pain
- Joint & Muscle Injuries
- Headaches
- Arthritis
- Rib Pain
- Sports Injuries

Podiatry/Chiropody

- Toenail Problems
- Corns & Callouses
- Verrucae
- Diabetic Foot Checks
- Foot Odour
- Footwear Advice



Please note The Courtyard Clinic's
new address.

Physiotherapist, Vicky Duerden, is joining the team this month (see below), and we thought it would be a good idea to talk about a new method of treatment she is going to be bringing to the clinic.

Acupuncture is one of the many skills employed within physiotherapy as part of an integrated approach to treat pain, inflammation and related conditions.

Acupuncture consists of inserting very fine needles into certain sites in the body. It has origins in the Far East over 3000 years ago and increasingly in Western medicine since the 1970s with a growing body of clinical research and scientific evidence to support its use.

What are the benefits?

There is an increasing number of research publications both in the UK and worldwide highlighting the effectiveness of acupuncture when compared to other treatment modalities, such as opioids and exercises.

Acupuncture can be used with other methods of Physiotherapy or it can be used alone for treatment and is often explored as a treatment option when some manual techniques have not worked. There are several different problems that can be treated with

acupuncture. Vicky will carry out a full examination to see if acupuncture is a recommended treatment type for you or if you may benefit from a different treatment method first or alongside acupuncture.



Currently, acupuncture is recommended by the National Institute for Health and Care Excellence for chronic pain, migraines and chronic headaches. Many people report the benefits of acupuncture for other conditions though there is insufficient evidence to completely prove or disprove this and each person's response is different.

Does It Hurt?

Acupuncture does not normally hurt; some people may feel a slight discomfort when inserting the fine needles however this should go away, and you may feel sensations of warmth or 'heaviness' during treatment. Some people do not

feel the needles at all. Acupuncture needles are approximately the width of a human hair and thus do not feel the same as having an injection.



Is It Safe?

Yes, when administered by a competent, trained professional. Vicky is fully qualified and registered with the AACP (The Acupuncture Association of Chartered Physiotherapists), adhering to strict safety and hygiene guidelines. Treatment needles are sterile and single use, disposed of after each use in a suitable sharps disposal unit. The more common side effects are very minor and pose very little risk. These include mild bruising, mild bleeding, mild pain/aggravation of symptoms, drowsiness, dizziness and nausea.

New Team Member - Physiotherapist Vicky Duerden

We would like to welcome Physiotherapist Vicky Duerden to our team at The Courtyard Clinic.

Vicky graduated from Christ's College, University of Cambridge, in 2005 with an Honours degree in Natural Sciences. She continued her studies at the University of Essex where she graduated with a Masters degree in Physiotherapy in 2008.

Vicky has over 12 years experience as a Chartered Physiotherapist both in private practice and within the NHS. During this part of her career she has gained a wealth of experience in assessing and treating neurological, musculoskeletal and orthopaedic conditions, working in the wards, clinics and visiting clients in their homes.

Vicky uses a variety of treatment options to allow her to adapt and find the right approach for the individual.

She is qualified to practice acupuncture and is a member of the Acupuncture Association of Chartered Physiotherapists. When appropriate she can use acupuncture alongside other physiotherapy modalities to treat a wide range of musculoskeletal problems and reduce pain.

Most recently she lived in Lithuania for several years, where she set-up her own private physiotherapy practice. Here she built up a flourishing and loyal client base with clients from all over the world before moving back to the UK in 2019.

Outside of work, Vicky has a young family and is a keen runner. This has developed a special interest in acute and chronic neck pain, headaches and migraines, pelvic imbalance and sports injuries.

The Courtyard Clinic - Osteopathy, Physiotherapy, Massage Therapy, Podiatry/Chiropody



Patrick Murphy
Registered
Osteopath



Jamie Lauder
Registered
Osteopath



Ben Brown
Registered
Osteopath



Jack Kirby
Registered Podiatrist/
Chiropodist



Wendy David
Sports & Remedial
Massage Therapist



Vicky Duerden
Chartered
Physiotherapist

The Courtyard Clinic: 1, The Old Cutting Rooms, Church Walk, High St, Maldon - Tel: 01621 842 750

Clinic Opening Hours: Monday - Friday 8am to 7pm & Saturday 9am to 2pm

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