



Spring Is Here!

Let's Spring Forwards!

Spring is (finally) here! Winter has felt super long this year in Casa Coombes – probably because we love to be outdoors!

Seeing the colourful spring flowers, the warmth on my face from the sunshine, and the smell of spring rain on fresh grass make me feel energised. I don't make 'new year's resolutions' in January – for me, winter is a time of rest and reflection. I start my 'new year's goals' in spring when everything around me stirs back into life and colour.

This year I plan on growing more vegetables in my garden (be warned, The Plant Man, check them out if you're a gardener and haven't been!), getting on plenty of bike rides with my family and walks. We are lucky to have such beautiful countryside around us. See below what I have planned for Kibworth Osteopaths and Pilates this year!

I can't wait to get outside in the sunshine this Easter weekend, and warmer spring weather is good for our body, mood and mind.

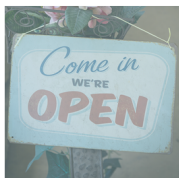
Wishing you a very Happy Easter,
Emily



Get Moving

Just as we see nature stretch out after keeping warm but busy underground over winter, it is a time for us to get more active too.

[Read more](#)



Opening Hours

The surgery will be closed on 6-10th April (I may be eating chocolate!) but please book online to secure your next appointment.

[Book Online](#)



Gardeners World

Whether you have an ample outside space or a little courtyard, the garden can present a real opportunity to move and get active but pose physical challenges to the body.

[Read more](#)



KOPI News

Like all registered health professionals, osteopaths are required to do Continuous Professional Development. This means we are constantly updating our skills and knowledge.

This year I will be doing a significant amount of training in ergonomics. With so many of my wonderful patients seeing their work environment changed to predominantly working from home, it is time I get qualified to do ergonomic assessments.

I've also recently completed communications and consent training (this is mandatory training for Osteopaths and must be renewed every three years) – this is vital as it ensures my practice remains 100% patient-focused, keeps my communication skills tiptop as well, and ensures I am up to date with any changes in the law around this crucial area.

[Read more about my qualifications](#)



Book Club

I'm looking to start a small book exchange in practice – keep an eye out for this. I love to read, but did you know reading can irritate our necks? When we look down for prolonged periods (sewers, knitters, candy-crushers, this is you too!), it places much weight on our neck as the head is heavy. So, try and keep your book (or device) at eye height, an excellent way to do this is to sit on a chair with arms, with elbows on a table, or if you are in bed sitting against the headboard. Some simple stretches for your neck can be found [here](#).