



Interview with a patient - May 2017



Carolyn is a patient at Durham House and regularly attends Rehabilitation Yoga with Cathy on Wednesday evenings at the Studio. Carolyn has been a patient of Galin's for many years and here shares what she's got out of coming to the Clinic and Studio, after a serious accident jeopardised her well-being and livelihood.

Thanks for meeting me today Carolyn, and being prepared to share your experiences with us. Let's start by finding out how you came to be a patient at Durham House.

I've been seeing Galin at Durham House for many years; initially coming because my role as a cleaner for a large cleaning company was affecting my lower back. Regular treatments with Galin kept me mobile and flexible, but it was when I had my accident, over 5 years ago, that the whole team at Durham House supported me back to health.

What happened?

Out shopping with my daughter, I slipped on some spilt milk in the supermarket. Falling to the floor, I took all my weight on my neck and shoulders and was in awful pain. I saw Galin as an emergency, which helped me from the first session. Over the years her treatments and regular massages reduced the pain and stiffness until I felt back to normal. At about this time, Durham House built its Studio and I thought taking an exercise class might help me with the residual stiffness I still felt and with my flexibility. At the Studio Open Day, I tried two classes, pilates and yoga. Because of its focus on flexibility, I really wanted to try a yoga class and I'm so glad I did.

Why was that?

Cathy took that class and 18 months on I still attend her classes. I go weekly and when I can I do the exercises at home as well. What I like so much about Cathy's class is that Cathy has time for every person in the room. She finds out what aches and pains any of us might have that week. It's usually shoulders, necks and lower backs and she tailors the class to provide exercises or poses to meet each of our needs. Because the class sizes are kept low, Cathy is also able to support each person individually. She is really hands on and will help each of us to move into the correct pose. I've also just started Cathy's monthly Yin Yoga class on a Saturday, which I'm really enjoying.

What improvements / changes have you seen in yourself?

I never thought I'd be this well. I've noticed a huge increase in my flexibility, posture and core strength. I'm only tiny and never thought of myself as particularly physically strong but now I notice I have tremendous strength in my arms and shoulders. I've also lost weight and my tummy, which I was always a little self-conscious about, has disappeared. I feel really toned.

What does Galin say about your progress?

Well, you'd have to ask her, but I think I've improved greatly and I generally need very few adjustments when I do see Galin for maintenance visits.

What would you say to anyone considering trying out a taster session at our Open Day or booking a class?

I'd really say you have nothing to lose by trying one of the free taster sessions. I'm so glad I did!

Carolyn's Rehabilitation yoga classes are on Wednesday's at: 5:30pm and 7:00pm