

BRINGING THE STANDARDS OF ELITE PROFESSIONAL CARE TO EVERYONE

IN OUR WINTER NEWSLETTER :

NEW APPOINTMENT

EXTENDED SERVICES UPDATE

WHATSAPP BROADCAST LIST

NEWS SECTION ON OUR WEBSITE

PARKING REMINDER

HI EVERYONE!

I HOPE YOU ARE ALL KEEPING WELL SINCE OUR LAST UPDATE IN SPRING. AS WE ARE TRANSITIONING INTO THE WINTER MONTHS WE WANTED TO UPDATE YOU ON SOME NEW DEVELOPMENTS AT THE CLINIC, AND TO FILL YOU IN ON WHAT WE HAVE BEEN GETTING UP TO OVER THE SUMMER.

WE ARE DELIGHTED TO HAVE BEEN ABLE TO HELP MORE AND MORE PEOPLE OVER THE LAST FEW MONTHS AND WOULD LIKE TO THANK EVERYONE WHO CONTINUES TO CHOOSE US TO LOOK AFTER THEM.

WE ARE FORTUNATE TO HAVE A HIGHLY EXPERIENCED AND CARING TEAM TO LOOK AFTER YOU



@mcenteephysio

Barry



FAI u19's Physiotherapist - New Appointment

Oisín has recently been appointed Physiotherapist with the FAI Men's u19's. He joins Tom Mohan's backroom team having worked with the Men's u15's for the last number of years.

He flies out this weekend to Albania for the UEFA u19 European Qualifications where they will take on Albania, Slovenia & Belgium in their group.

We wish Oisín the very best in his new role.

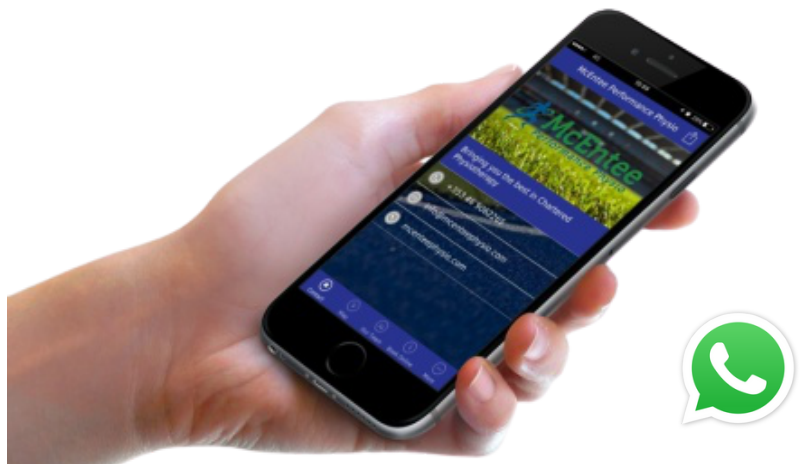


Our Private Whatsapp Broadcast Service

Our WhatsApp broadcast channel provides a private, relevant, and convenient way for you to receive updates & articles of interest from us. (info related to your injury/area of interest)

Privacy - Unlike standard whatsapp group chats which you are familiar with, being part of our broadcast group means you do not see each other's contact information, ensuring privacy.

Avoid Spam - To ensure that we are not sending you irrelevant information or articles which are not of interest, we will ask you in the application form (to the right) to outline what you would like to hear about from us.



2 Steps to register :

1 - Save our phone number to your phone
(+353469062265)

2 - Complete the application form by clicking [HERE](#)



@mcenteephysio

NEW GROUP TRAINING SERVICES

Physiotherapy led classes

STRENGTH FOR LIFE

Since January, we have been running our Strength for Life Programme.

If you're not sure what you should (and shouldn't) be doing at the gym, find it a bit daunting, or maybe you are concerned about irritating an old injury - then working with our Physiotherapy team & joining our Strength for Life community could be what you are looking for.

This is a Physiotherapist led group training programme that we have created specifically for people keen to improve physical resilience, increase muscle mass, strength, balance & bone density under the expert guidance of a Physiotherapist.

To find out more, you can visit our website [HERE](#)

MOVE - GROUP MOBILITY TRAINING

This is a Physiotherapist led group training class that we have created specifically for people keen to improve their mobility and general freedom of movement via the Functional Range Conditioning (FRC) training method.

RUNNING RESILIENCE

We have created our Running Resilience training group to support runners who are looking to build resilience, reduce injury risk & train in a focused way to perform better.

To find out more about **MOVE and RUNNING RESILIENCE** click [HERE](#)



Bringing the standards of elite professional care to everyone

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Strength Training FOR RUNNERS



GOLF PERFORMANCE PHYSIO

Golf Performance Physio

We will be hosting an open evening for our Golf Performance Physio Service, where we invite you to come along and see for yourself what the service entails.

You will have an opportunity to see firsthand how we can help you to improve your game by optimising and improving your quality of movement, specifically honing in on what is specific to your golf game.

You can register your interest [HERE](#)

Led by Oisin, our Golf Performance Physio Programme involves 1:1 assessment & movement coaching with a highly experienced golf physio who will work with you over a 6 week period to unlock a greater physical capacity & show you how you can directly apply this to your golf swing.

For a €220 investment, you will have 3 sessions (>100mins of 1:1 contact time in total) over a 6 week block in addition to full online support via our App to ask any questions, or assist you with guidance and feedback between sessions.

For more information, you can check out our website [HERE](#)

Royal Tara Golf Club

In September, we were delighted to partner with Royal Tara Golf club in supporting their Open Ladies competition.

There was a really high standard of golf on what turned out to be a great day.

Congratulations to all the prize winners.

Thank you to Royal Tara for their hospitality and warm welcome.



Continuous Professional Development

Leading Experts in our field

Continual Professional Development (CPD) is of paramount importance in the field of physiotherapy.

As healthcare practitioners, we play a pivotal role in enhancing the well-being and quality of life of our patients. To ensure that we can provide the highest standard of care, it is imperative that we stay up-to-date with the latest developments in the profession.

CPD enables us to expand our knowledge, refine our skills, and stay current with emerging research, techniques, and technologies. This ongoing education not only benefits us as practitioners, but, more importantly, it directly translates to improved outcomes for you.

Aside from our in-house fortnightly CPD meetings, we had the pleasure of hosting two leading experts in their respective specialties over the summer.

In June we welcomed tendon expert Seth O'Neill, while in July we hosted Lee Herrington who discussed knee injuries, most specifically ACL injury.

These courses were very well attended by practitioners from all over the country.

In an ever-evolving healthcare landscape, CPD is the compass that guides physiotherapy practices towards excellence and the provision of optimal care.

We look forward to welcoming more international experts in 2024.



Parking Guidance



We would like to remind everyone that while we are delighted to be able to offer free parking, we do ask that you please adhere to signage when it comes to parking in **our** designated spaces only.

The business next door have a number of large trucks and need all of their spaces to be available to them in order to turn and park without causing obstruction to our access.

There are signs outlining which spaces are for Ruskim Seafood staff only.

Your help with this is greatly appreciated

Careers

We are always on the look out for top talent to join our team, so we can continue to bring you the highest standard of care.

If you would like to join our team, check out our careers page on our website or you can link in with us on our social channels



McEntee
Physio & Performance Centre



McEntee
Physio & Performance Centre



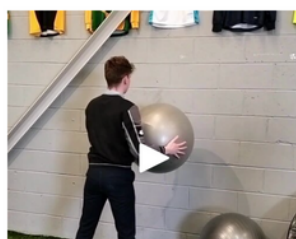
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NEWS SECTION

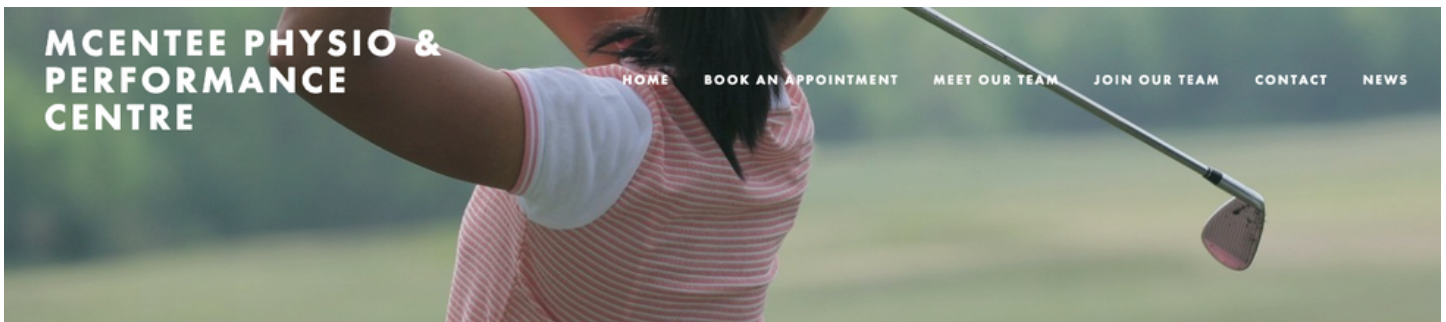
Our **News Section** (on our website) is where you will find blogs and articles by our team discussing injury topics (shoulder & back pain, knee injuries etc), research articles, how to improve your performance, top tips & there's also an archive of our previously hosted webinars.

These webinars include conversations with athletes, physios & coaches discussing the benefits of different forms of exercise, the importance of resistance training for our bone health among many other topics.

Why not check it out by clicking on the images on this page.

A promotional poster for a webinar series. At the top left is a yellow 'PERSONAL HEALTH' tag. The top right features the 'McEntee Performance Physio' logo. The background is a dark blue space with stars. The text 'Webinar Series' is in a large, white, serif font. Below it, the title '"Movement is Medicine" Exercise for active ageing' is in white. Two small portrait photos of speakers are shown. The date and time 'THIS TUESDAY @ 3PM' are in white. At the bottom, a green bar contains the names and titles of the speakers: Andy Dunne (Physiotherapist @ Personal Health) and Barry McEntee (Physiotherapist). A central call to action says 'Register via link in bio'.

A promotional poster for a tennis webinar. It features the 'McEntee Performance Physio' logo at the top. The background is a dark blue space with stars. The text 'Webinar Series' is in a large, white, serif font. Below it, the title '"Conditioning for the Court" Tennis Webinar' is in white. Two small portrait photos of speakers are shown. The date and time 'THIS THURSDAY 28TH MAY @ 8PM' are in white. At the bottom, a green bar contains the names and titles of the speakers: Sinead McGann (Physio, S&C Coach, Tennis Technical Coach) and Mark Elmes (Physio, S&C Coach). A central call to action says 'Register via link in bio'.



Taking Back Control : our approach to lower back pain

November 9, 2022

This lower back pain blog is brought to you by our Senior Physiotherapist, Lorcan, where he discusses how we approach the management and treatment of lower back pain, and outlines how you can take control of your back pain once and for all.

♥ 0 Likes ← Share

VET 23



A few weeks ago Barry had the pleasure of speaking at Vet 23, the annual conference of Veterinary Surgeons in Ireland in Cork.

While no expert on animals, Barry discussed the importance of Wellbeing & Physical Resilience within the profession focusing on the Vets themselves.



Whether working in clinical practice, in equine or as a large animal vet, it's a physically demanding profession with a high level of injury risk on a daily basis.

Risk reduction, mitigation and physical resilience were the main topics discussed.

If you think your profession / team might benefit from talking to us feel free to get in touch & we can discuss how we can assist you.

Our mission is to bring the standards of elite professional care to everyone

On behalf of our team, thank you once again for supporting us, as we set out to fulfil our mission every day we open our doors

Barry