

# Advice & Exercise Programmes

Exercise based programs form an integral part of the treatment for most of our patients. Hands on treatment such as manipulation or mobilisation is often administered in conjunction with a specific home exercise program for each patient.

Following any injury the surrounding tissues can be compromised due to pain or restricted movement. Although these tissues may not have been directly injured themselves it is essential that they are addressed as part of an overall rehabilitation program designed to not only alleviate the current symptoms but prevent future reoccurrence.

Following your Assessment /Treatment your Physiotherapist will devise a customised exercise programme tailored to meet your individual needs. This can be given as printed exercise sheet and/or emailed to you for your convenience.