

Physiotherapy

Physiotherapy is a wide ranging profession whose aim is to encourage and support the return to normal following illness, surgery, disease or trauma. This is often described as 'rehabilitation'. So whether your problem is a sprained ankle, back pain, an injury at work or many other different conditions our Physiotherapists will be able to help you get better.

At Physio in Action our Physiotherapists take a holistic approach to health and wellbeing, which includes the patient's general lifestyle. At the core is the patient's involvement in their own care, through education, awareness, empowerment and participation in their treatment.

Conditions we treat include:

- Spinal problems e.g: back , neck and thoracic pain including disc pain, degeneration, sciatica, stiff painful neck or back arm and leg pains
- Joint problems- arthritis, injury, pain and swelling, stiffness in joints such as shoulders, elbows, wrists, hands hips knees and ankles
- Soft tissue injuries- to muscles ligaments cartilage and tendon problems work related conditions such as repetitive strain injuries
- Orthopaedic conditions - pre and post-surgery
- Treatment of fractures -to enhance healing and gain full function
- Arthritis- to help reduce pain and inflammation and give advice and exercise
- Sports injuries " to help speed recovery time and return to sport
- Headaches
- Work Related Conditions

At physio In Action we not only treat the problem but by spending time with you we will often be able to show you how to minimise the impact of your problem and help prevent the problem happening again.

We use a number of different treatment techniques including:

- Manipulation / mobilisation / soft tissue massage- to enable structures to move freely
- Progressive exercise regimes / core stability exercises- exercise plays an important role in maintaining and improving mobility increasing strength and helping to restore normal function
- Electrotherapy - includes the use of ultrasound, laser and interferential to help settle pain and inflammation and help facilitate the normal healing process
- General physiotherapy - a combination of hands on therapy , electrotherapy and exercise
- Acupuncture- used to provide pain relief in conjunction with other physiotherapy techniques
- Massage
- Podiatry - biomechanical examination and provision of Orthotics
- Advice and exercise programmes

Home Visits

If you have difficulty attending the clinic for your appointment we can provide assessments and treatments in the comfort of your own home.

If you require a home visit give us a call to find out whether we cover your area.