

## **PHYSIO TREATMENT**

**Hands on therapy, but with the assistance of ground-breaking, new technology.**

By definition, physiotherapy is a hands-on, manual therapy. And it is recognised as being one of the best approaches to treatment of the joints, muscles, nerves, tendons and ligaments.

Physiotherapists are trained to understand how and why pain and injury occur; and they have a whole plethora of treatments, literally at their fingertips.

As qualified physiotherapists, we use a huge range of methods to treat a wide variety of problems. From the treatment of back and neck pain, to sports injuries, to whiplash, sciatica, frozen shoulder, and joint pain and stiffness, we have the experience and the now-how to bring relief and effect a cure.

Our aim is to restore normal movement, allowing the affected tissues to repair in a calculated and appropriate way.

But for back pain, we now have advanced technology and benefit of Power Assisted Micro Mobilisation (PAMM). This clever technology helps to maintain and restore the mechanical efficiency and flexibility of the spine by using state of the art computer technology, innovative engineering and, above all, the skill of the practitioner.

Emscote Therapy was the first clinic in the UK to use the PAMM technology.

If you are unsure about how you will benefit please do give us a ring or complete our Contact Form for advice.

We also have State of the Art Shockwave Therapy:

‘ShockMaster® is outstanding for patients suffering with long term pain. We have comfortably treated many patients, resulting in significant and lasting improvements. Our ShockMaster® unit is an absolutely brilliant innovation’.

On this page, you will find some of the physical pain and injuries that we can help you with. If you feel we have not mentioned your particular condition, then please contact us. We would like to hear from you.

Click to go directly to the following conditions:

- Back & Neck Injuries
- Sports Injuries
- Post-operative Rehabilitation
- General Joint Pain and Stiffness
- Muscle imbalances & Re-education

## **BACK & NECK INJURIES**

We all encounter the aches and pains in our back or neck, often these will clear in a few days. Sometimes our pain affects our daily lives continuously, due to the following reasons:

- Disc problems
- Postural low back pain
- Bending
- Lifting
- Headaches
- Whiplash
- Stress

A Physiotherapist is able to assess the full extent of the problem and provide you with the appropriate treatment.

Spinal conditions, in particular need to be treated promptly if long term disability and prolonged treatment are to be prevented. Postural low back pain can be the start of more significant back disorders such as disc problems. Sitting for prolonged periods at a computer with poor sitting posture can contribute to lower back & neck pain. A Physiotherapist can provide you with 'work station' /postural advice.

At our Emscote Therapy clinic we have invested in a REVOLUTIONARY NEW SPINAL TREATMENT facility.

AND

We have invested enormously in 'STATE OF THE ART' SHOCK WAVE THERAPY.

Types of treatment that have benefited from Shockwave Therapy:

- Shoulder pain with or without calcification
- Tennis and Golf elbow
- Jumper's knee
- Achilles tendon pain
- Heel pain & Plantar fasciitis
- Chronic neck, shoulder and back pain
- Muscle tension
- Trigger points
- Acupuncture shockwave therapy
- Calcified tendonitis
- Tibial edge syndrome
- Iliotibial band friction syndrome

All this new technology is used in combination with:

- Rehab – Exercise
- Postural Advice
- Manual Therapy techniques
- Core stability exercises
- Electrotherapy
- Laser Therapy

## **SPORTS INJURIES**

Whatever your sport and whether your injury is a sprain or bruising, a quicker and more thorough recovery will be made if treated early.

Physiotherapy will speed up the rate of recovery by reducing swelling and preventing joint stiffness. Early treatment will also help minimise tissue damage and provide for a quicker return to active sport.

Get fit for skiing or other physical demanding activities. Did you know that a Physiotherapist can help to prepare you better for planned skiing holiday or other physically demanding activities? This will help you minimise risk of injury.

## **POST-OPERATIVE REHABILITATION**

Physiotherapy is essential to regain the balance between strength and mobility – regaining optimum functioning – following various types of surgery such as:

- Joint replacements
- Tendon repairs
- Meniscectomy (removal of knee cartilages)
- Ligamentous repairs
- Setting fractures
- Spinal surgery

We help assist patients to achieve full fitness by working closely together and creating an exercise – rehab programme tailored to the individual and the injury.

## **GENERAL JOINT PAIN & STIFFNESS**

Manual therapy is used to mobilise the painful & stiff joints. Due to muscle imbalances the joints mechanically dysfunction and surrounding soft tissue structures become incorrectly stressed. The result is pain and eventually stiffness due to altered use.

In the long term, if not treated, the joint starts to wear out excessively. This often happens to our knees and hips, because these are weight bearing joints. This could eventually result in a TOTAL HIP OR KNEE REPLACEMENT.

## **MUSCLE IMBALANCES & RE-EDUCATION**

An assessment of muscle imbalance is undertaken followed by a program of exercises specific to the patient, all aimed at full recovery and prevention of further injuries.

All parts of the body, including knees, back, neck, wrists and elbows can be treated in this way. The treatment is concentrated on the injured areas, but also on patient wellbeing.

## **EXCELLENCE – BEST PRACTICE – INNOVATION**