
PHYSIOTHERAPY NEWS



Physiotherapy helps to restore movement and function when someone is affected by injury, illness or disability. It can also help to reduce your risk of injury or illness in the future. Timely physiotherapy intervention can be effective in both prevention and recovery from injury and treatment of musculoskeletal conditions. Our specialist physiotherapists will take an individual approach to your problem treating conditions such as;

- Low back pain
- Sciatica
- Neck and shoulder pain
- Hip and knee pain
- Calf pain/Achilles tendonitis
- Tennis elbow
- Muscle strains New Physiotherapy Appt £55 - 40 Mins

Extracorporeal Shockwave Therapy (ESWT) is a non-invasive treatment that involves shockwaves being passed through the skin to the injured area of the body, following the National Institute for Health and Clinical Excellence (NICE) guidelines, to treat persistent conditions. Examples of these conditions are;

- Plantar fasciitis
- Achilles tendinopathy
- Tennis/Golfers elbow
- Patellar tendonitis
- Trochanteric bursitis
- Calcific tendonitis of the shoulder
- Shin splints New Shockwave Appt £75 - 40 Mins

In addition to our Adult Physiotherapy services we also offer Acupuncture and Children's Physio specialising in areas such as; development issues, Dyspraxia, Neuromuscular and more.....