

What
Is.....?

Physiotherapy

Physiotherapy is a therapeutic health profession concerned with improving the way you move, and enhancing your quality of life.

Who can be treated with Physiotherapy?

Physiotherapists are involved in helping people of all ages, from young infants to the elderly, from all walks of life. They commonly treat any person suffering back or neck pain, general aches and pains, and sports injuries. Physiotherapy can help if you have any of the following:

- Sports injuries including:
- Muscle tears
 - Tendon and ligament problems
 - Overuse injuries
 - Post-surgical rehabilitation
 - Knee, ankle and foot pain
 - Shoulder problems
 - Tennis/golfer's elbow
 - Foot conditions

- General Conditions including:
- Lower back pain
 - Neck pain
 - Whiplash injuries
 - Occupational Injuries
 - Arthritis
 - Repetitive strain injuries (RSI)
 - Motor vehicle injuries
 - Growing pains
 - Headaches and migraine

How can Physiotherapy benefit you?

Physiotherapists are trained to assess the underlying causes of joint, muscle and nerve injuries so you can be confident of the treatment and advice that you receive. You will get effective treatment that uses a wide range of drug-free techniques to:

- Relieve your pain,
- Restore your movement, and
- Prevent any further problems.

To do this, the treatment you receive may include education and advice about your condition, joint mobilization and manipulation, therapeutic exercise and stretches, electro physical agents (such as ice, ultrasound & laser) and soft tissue massage.

If you suffer from back or neck pain, a sports injury, arthritis - in fact any joint or muscle problem - Physiotherapy can help relieve your pain and get you moving again.



**Crystal Palace Physiotherapy
& Sports Injury Centre**

Get help now by calling us on
020 8778 9050