

Our Clinic

Overview

What is Physiotherapy?

Physiotherapy is the treatment and diagnosis of injury, overuse problems, or disease, by non surgical means. A Physiotherapist is also skilled at giving in depth advice on the management of these problems. This may include advice on whether to rest, exercise, apply ice, or use a brace for example.

What to Expect

The Physiotherapist will first need to take a detailed history of the injury or problem. A close examination of the area is then vital, so you may prefer to bring shorts for a knee, hip or back examination.

If possible the Physiotherapist will give treatment as well as the assessment on the first visit, but sometimes it is often more important to complete a thorough examination and focus on giving detailed advice, rather than immediately rushing in to treat with 'hands-on'.