

## Frequently Asked Questions

### Questions

1. Are you suffering from Pain in your Back, leg pain, sciatica, lumbago, neck, arm symptoms, joints, muscles, soft tissues and need help to relieve it?
2. Do you have restricted movements in a joint following an injury, a recent operation, a recent flare up of your arthritis and want help to reduce the stiffness?
3. Are you struggling to get around and need some help with your mobility, posture or muscle strength?
4. Have you recently had an operation and want help getting back to normal activity, return to work quickly or your much enjoyed leisure activities?
5. Have you been involved in an accident, including a whiplash and are getting pain, limited movement, headaches, muscle spasm, struggling to sleep, unable to work or return to your usual hobbies?
6. Have you injured yourself playing sport, gardening lifting, driving or another leisure pursuit and want it resolved quickly?
7. Do you have a lack of understanding about your arthritis or need help with joint movement or mobility following a recent flare up?

### Answers

1. Pain can arise from a variety of structures. Following a detailed assessment a physiotherapist will be able to establish the cause and suggest appropriate treatment, which may include one or more of the following,
  - a. mobilisation techniques
  - b. soft tissue massage
  - c. individual rehabilitation programme of exercise
  - d. traction: neck and back
  - e. electrotherapy: for pain relief, enhanced tissue healing and swelling, including u.s. Interferential, Laser
  - f. postural adjustment and core stability programme
  - g. acupuncture for pain

If the physiotherapist is unhappy with information gained from the assessment either from the discussion or hands on examination they will advise you where you should seek more appropriate medical intervention. i

2. Limitations in movement can occur following an injury, after repetitive activities, arthritis, after an operation e.g Total Knee replacement, lumbar discectomy, or for a variety of other reasons. The onset can be sudden or gradual and may be with or without pain. Physiotherapy can help by establishing the possible cause on the limited joint range. A detailed assessment will be undertaken including a detailed medical history, including information about your lifestyle such as, working environment, hobbies, activity levels. This will be followed by an examination of the area. You may be required to remove some clothing in order that the physiotherapist can observe your movements and feel around the injured region. The physiotherapist will then be able to discuss the findings and suggest an appropriate treatment plan tailored to your individual needs. This may include one or more of the following:

- a. mobilisation techniques
- b. soft tissue massage
- c. individual rehabilitation programme of exercises
- d. traction: neck and back
- e. electrotherapy: for pain relief, enhanced tissue healing and swelling, iU.S. Interferential, Laser
- f. postural adjustment and core stability programme
- g. acupuncture for pain

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3. If your mobility is reduced physiotherapy can help by looking at the cause of your altered mobility. The physiotherapist will carry out an extensive assessment including a detailed medical history, including information about your lifestyle such as, working environment, hobbies, activity levels. This will be followed by an appropriate examination including looking at your walking, your general mobility, balance, and examination of any joints that are a cause of your reduced mobility. From this the physiotherapist will be able to develop an appropriate treatment programme to help with your individual needs. This may include one or more of the following :

- a mobilisation techniques
- b. soft tissue massage
- c. individual rehabilitation programme of exercises
- d. traction: neck and back
- e. electrotherapy: for pain relief, enhanced tissue healing and swelling, U.S. Interferential or Laser
- f. postural adjustment and core stability programme
- g. acupuncture for pain
- h. gait re-education and balance

If the therapist feels that for your own safety and/ to ease the symptoms you require an appropriate walking aid, foot orthotics or stability brace they will be able to advise on this and should be able to purchase necessary equipment for yourself at a competitive price through medical suppliers.

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4. If you have had an operation and need help returning to your full activity levels physiotherapy can help. Following an appropriate assessment we will design an individual treatment programme to enable you to return to full function, including returning to work, gardening, leisure activities dependant on your needs. This may include one or more of the following :

- a mobilisation techniques
- b. soft tissue massage
- c. individual rehabilitation programme of exercises
- d. traction: neck and back
- e. electrotherapy for pain relief, enhanced tissue healing and swelling including u.s., Interferential, or laser
- f. postural adjustment and core stability programme
- g. acupuncture for pain
- h. gait re-education and balance

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5. Following an accident you may well be suffering from a wide range of problems, including pain, limited movement, muscle spasm, headaches, postural instability, in one or more areas of your body. An extensive assessment will be undertaken including a detailed medical history, which will involve asking questions about your lifestyle such as, working environment, hobbies, activity levels. This will be followed by an examination of the area. You may be required to remove some clothing in order that the physiotherapist can observe your movements and feel around the injured region. The physiotherapist will then be able to discuss the findings and suggest an appropriate treatment plan tailored to your individual needs. This may include one or more of the following:

- a mobilisation techniques, for pain relief, reductions in headaches, joint and muscle mobility
- b. soft tissue massage

- c. individual rehabilitation programme of exercises
- d. traction: neck and back
- e. electrotherapy: for pain relief, enhanced tissue healing and swelling, U.S. Interferential, Laser
- f. postural adjustment and core stability programme
- g. acupuncture for pain
- h. Gait re-education

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6.If you have a sports injury or injury caused by another activity e.g gardening ,lifting, physiotherapy can help by alleviating the initial symptoms of pain, muscle spasm, limited joint range and then work with you to return you back to full activity. Your first consultation will involve a complete assessment of the injury site and other regions of the body that may be related to the injury. You will be asked questions about your lifestyle such as, working enviroment, hobbies, activity levels and then a detailed account of how , when, where your injury occured. This will establish the nature of the injury .This will be followed by an examination of the area . You may be required to remove some clothing in order that the physiotherapist can observe your movements and feel around the injured region. The physiotherapist will then be able to discuss the findings and suggest an appropriate treatment plan tailored to your individual needs returning you to your leisure activities more quickly. This may include one or more of the following:

- a mobilisation techniques,for pain relief, reductions in headaches, joint and muscle mobility
- b.soft tissue massage
- c. individual rehabilitation programme of exercises
- d. traction: neck and back
- e. electrotherapy: for pain relief, enhanced tissue repair and healing and swelling,U.S. Interferential, Laser
- f. postural adjustment and core stability programme
- g. acupuncture for pain
- h. Gait re-education

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7. If you have been newly diagnosed with a arthritic condition,and need advice physiotherapy can help by designing individual treatment and maintance programmes to minimise joint damage and achieve your optimen function and joint range. Physiotherapy can also help with any pain relief, muscle spasm, and mobility problems related to your arthritis in a flare up and when your arthritis is less active. An extensive assessment and examination will be carried out at your initial contact which will involve indepth questioning about all aspects of your lifestyle,including activity levels, hobbies, activities of daily living, working enviroment as well as asking you about the current problems you are experiencing.

This will be followed by an examination of the area/ areas . You may be required to remove some clothing in order that the physiotherapist can observe your movements and feel around the injured region. the physiotherapist will then be able to discuss the findings and suggest an appropriate treatment plan tailored to your individual needs. This may include one or more of the following:

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- b.soft tissure massage
- c. individual rehabilitation programme of exercises
- d. traction: neck and back
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