

Common Complaints Treated by Chartered Physiotherapists

- ◆ **SPINAL PROBLEMS** - including prolapsed discs, degeneration, sciatica, lumbago, stiff / painful neck and referred arm and leg pains.
- ◆ **JOINT PROBLEMS** - arthritis, injury, pain / swelling / stiffness in joints such as shoulders, elbows, wrists, hips, knees and ankles.
- ◆ **INJURIES** - to muscles, ligament, cartilage and tendon problems. Work related conditions such as Repetitive Strain Injury (RSI).
- ◆ **AFTER SURGERY** - rehabilitation after orthopaedic surgery e.g. hip and knee replacements or general physiotherapy after general surgery.
- ◆ **FRACTURES** - treatment to increase the healing rate and to gain full function once the bones have healed.
- ◆ **ABDOMINAL PROBLEMS** - such as spastic colon, colitis and irritable bowel syndrome.
- ◆ **GYNAECOLOGICAL CONDITIONS** - including stress incontinence, salpingitis and post surgery rehabilitation.
- ◆ **OBSTETRICS** - including ante and post-natal classes / exercise / relaxation / advice and treatment for backpain during pregnancy.
- ◆ **CHEST CONDITIONS** - both medical and surgical, including hayfever, asthma and sinusitis, pneumonia, cystic fibrosis, emphysema, bronchitis and bronchiectasis.
- ◆ **NEUROLOGICAL CONDITIONS** - such as strokes, head injuries, nerve injuries, multiple sclerosis, shingles, cerebral palsy and ME.
- ◆ **PAEDIATRICS** - for childhood conditions including postural and walking problems.
- ◆ **CIRCULATORY PROBLEMS** - such as Raynauds disease, wounds, ulcers, cardiac rehabilitation.

Chartered PhysioFirst physiotherapists will not only treat the problem but, by spending time with the patient, will often be able to show the patient how to help prevent the problem happening again.

Why see an independent physiotherapist ?

- specialist expertise
- convenience
- flexibility
- speed of service
- education and advice
- individual attention and treatment

Early treatment can mean a quicker recovery with less time off work. An independent physiotherapist can often provide treatment within 24 hours.

A Physiotherapist takes the wider view of a patient's lifestyle to treat the condition and avoid a recurrence - a truly holistic approach.

Physiotherapy is the orthodox therapy - there are a growing number of complementary forms of medicine and the treatment methods they use differ widely.

Most of the basic theories and principals which govern them are included as standard practice in physiotherapy.

How do I arrange to see an independent physiotherapist ?

Ring for an appointment. The physiotherapist works closely with the GP, and will keep them advised of treatment undertaken. There is no need for a patient to see their GP first and most patients simply contact the physiotherapist direct.

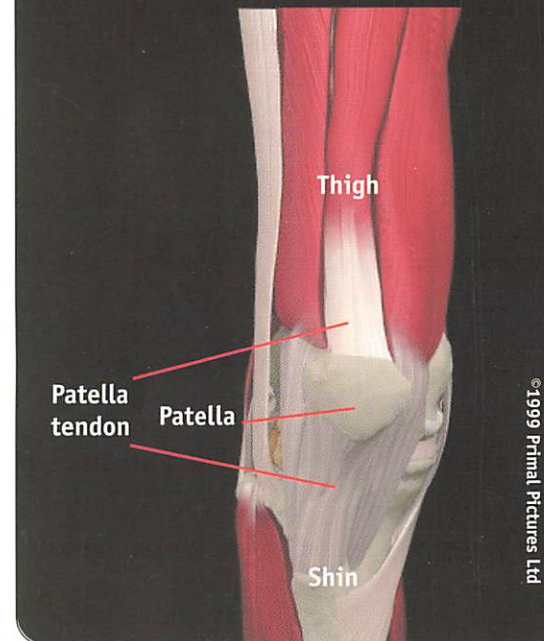
YOUR LOCAL CHARTERED PHYSIOTHERAPIST



Physiotherapy - getting people back to work - a low cost alternative

Exercises for patellofemoral pain syndrome

Diagram showing the knee, patella and surrounding structures



YOUR INJURY

Patellofemoral pain syndrome is a condition which affects the knee cap (patella) and the structures which support it, as it passes up and down the groove in the thigh bone, during bending and straightening of the knee. Pain is caused because the patella no longer tracks correctly up and down the groove, this places greater strain on the supporting structures and the joint surfaces. This mal-tracking of the patella may be caused by a number of factors such as the alignment of your lower limb during movement, weakness in the quadriceps and lack of flexibility in muscles of the leg. Your rehabilitation exercise programme aims to address these problems.

WARM UP & WARM DOWN

When injured it is particularly important that you warm up with a fast walk (at a pain free pace) for 3-4 minutes before you start your exercises. This increases your circulation and helps prepare your muscles for the activity to come. When you have finished your exercises, it is also important to allow your heart rate to slow down gradually by ending the session with a gentle walk for 3-4 minutes.

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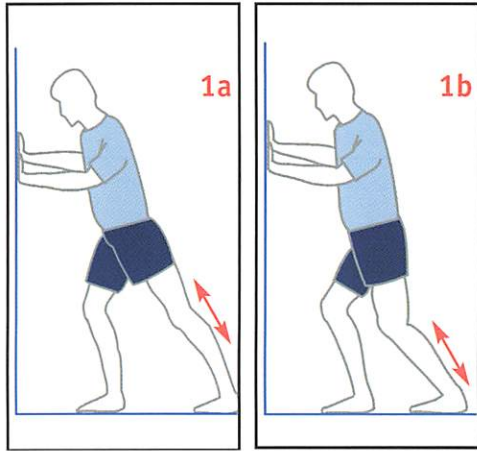
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Stretching exercises

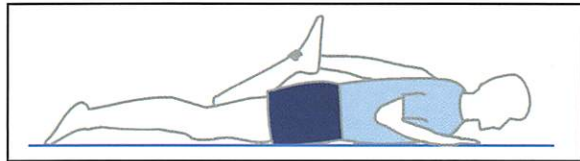
Guidance for stretching exercises

Hold all the stretches for 20 seconds each and repeat them three times on each leg.

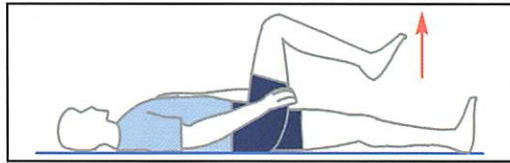


1 a) Gastrocnemius stretch and b) Soleus stretch

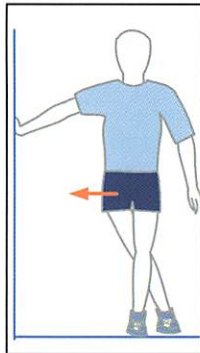
a) Take the position above with feet pointing forwards and heels in contact with floor. Bend the front knee and straighten the back one keeping your head up and pelvis/hips forward and maintain neutral foot position. b) Bend your back knee to stretch the soleus muscle.



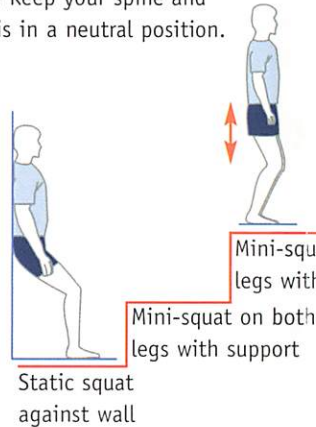
2 **Quadriceps stretch:** Lying on your front, bend one knee, grasp the ankle and draw the heel towards your bottom, do not allow the lower back to over-hollow.



3 **Hamstring stretch:** Lying on your back, bend one knee and hip to 90°, support the thigh at 90° and straighten the leg until you feel a stretch at the back of your thigh, maintain the hip at 90°.



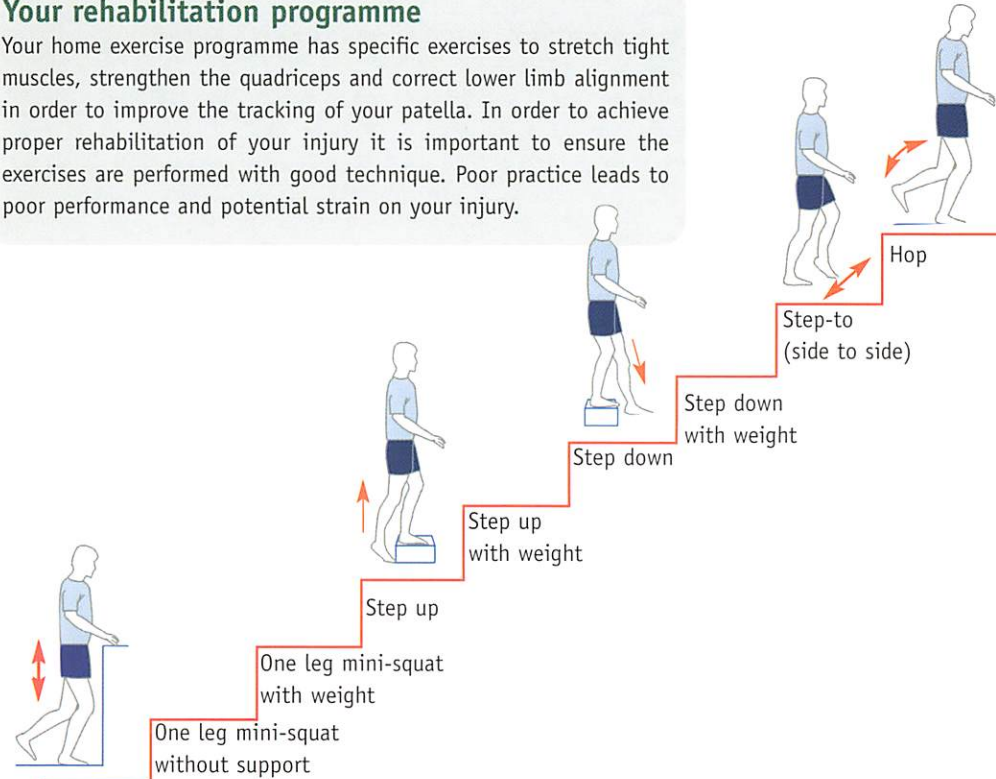
4 **Iliotibial muscle stretch:** Stand side on to a wall with the affected leg closest to the wall. Place your arm on the wall for support and cross the affected leg behind other. Lean your hips towards the wall. Keep your spine and pelvis in a neutral position.



Strengthening exercises

Your rehabilitation programme

Your home exercise programme has specific exercises to stretch tight muscles, strengthen the quadriceps and correct lower limb alignment in order to improve the tracking of your patella. In order to achieve proper rehabilitation of your injury it is important to ensure the exercises are performed with good technique. Poor practice leads to poor performance and potential strain on your injury.



Progression speed

Your physiotherapist will advise you on the speed you should progress with your exercises up the staircase. Progression is not just about being able to do the exercise but to do it correctly, with appropriate control. If at any time you feel pain or discomfort, stop the exercises and consult your physiotherapist.