

## 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.

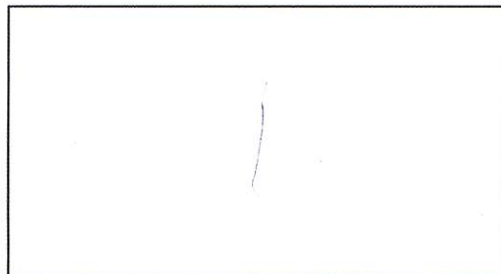
Physiotherapy is the orthodox therapy - there are a growing number of complementary forms of medicine and the treatment methods they use differ widely.

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.

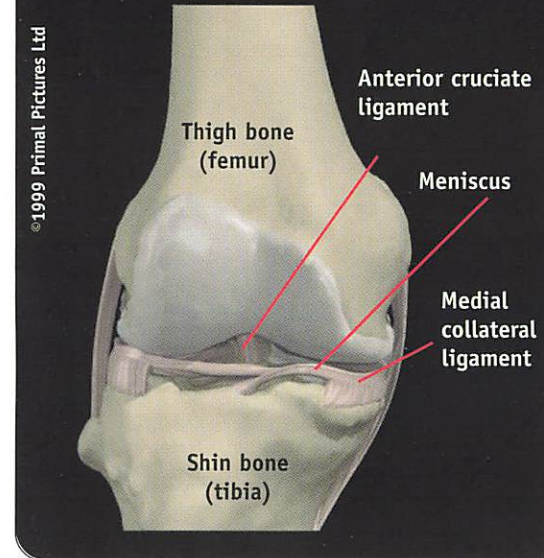
YOUR LOCAL CHARTERED PHYSIOTHERAPIST



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

## Exercises for ACL rehabilitation

Diagram showing the ligaments of the knee (without the patella)



### YOUR INJURY

The anterior cruciate ligament (ACL) is one of the most important ligaments of the knee. It plays a central role in controlling the locking of the knee and excessive movement of the tibia (shin bone) on the femur (thigh bone), both in a forwards direction and in rotation. Without the ACL stabilising knee movements and providing proprioceptive feedback, the knee can become unstable during functional or sporting activities causing further trauma to the knee.

### 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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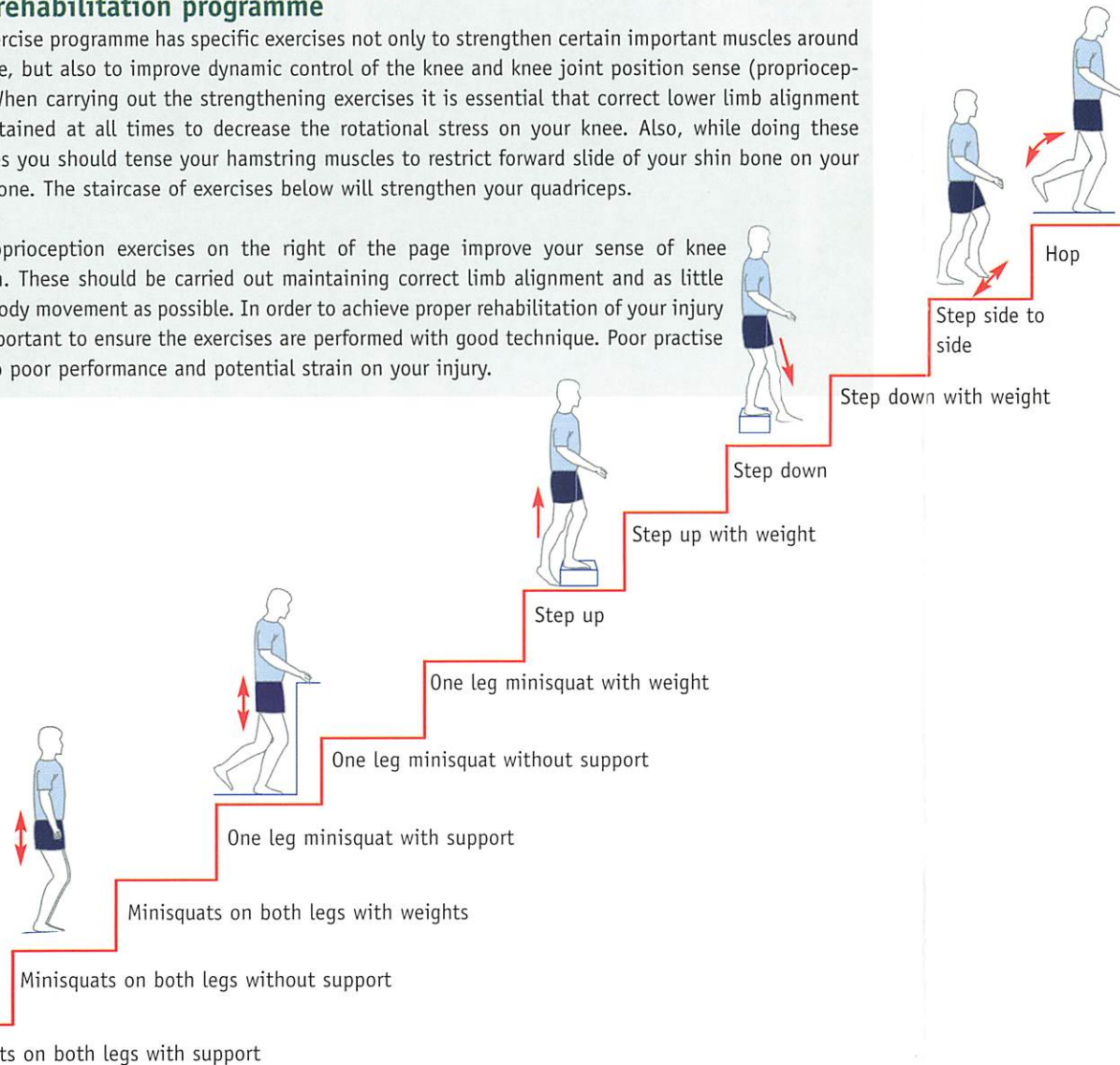
# Exercises for ACL rehabilitation

## Strengthening exercises

### Your rehabilitation programme

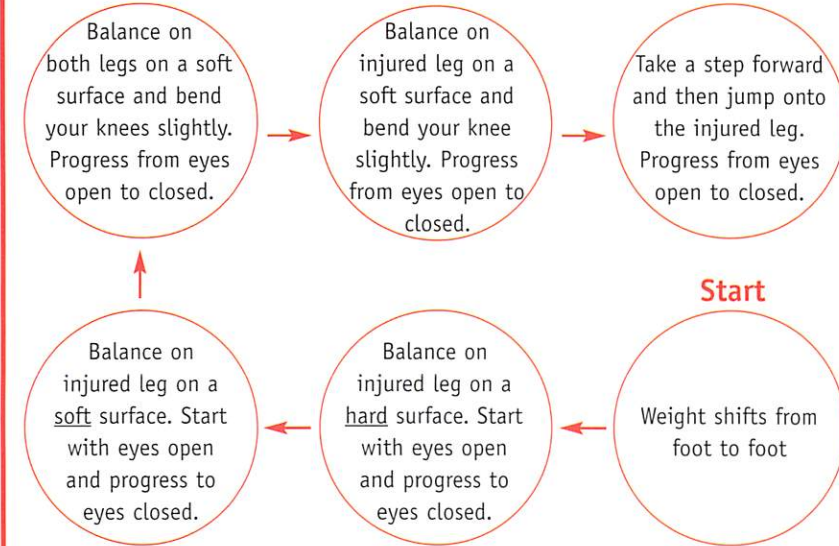
This exercise programme has specific exercises not only to strengthen certain important muscles around the knee, but also to improve dynamic control of the knee and knee joint position sense (proprioception). When carrying out the strengthening exercises it is essential that correct lower limb alignment is maintained at all times to decrease the rotational stress on your knee. Also, while doing these exercises you should tense your hamstring muscles to restrict forward slide of your shin bone on your thigh bone. The staircase of exercises below will strengthen your quadriceps.

The proprioception exercises on the right of the page improve your sense of knee position. These should be carried out maintaining correct limb alignment and as little upper body movement as possible. In order to achieve proper rehabilitation of your injury it is important to ensure the exercises are performed with good technique. Poor practise leads to poor performance and potential strain on your injury.



## Proprioceptive exercises

### Proprioception exercise progression



### Progression speed

Your physiotherapist will advise you on the speed you should progress on the strengthening and proprioception progression programme. Progression is not just about being able to do the exercise but to do it correctly, with appropriate control. Remember poor practise leads to poor performance and potential strain on your ligament. If at any time you feel pain or discomfort stop the exercises and consult your physiotherapist.