# Home page

CT Clinic is the leading specialist pain treatment centre in Manchester. We aim to transform people’s lives by not only managing their pain, but addressing the causes.

Our unique, Comprehensive Treatment (CT) system utilises a holistic approach to achieve long-term results.

## Why choose us

We are more than just a pain management clinic; we aim to remove the pain. A broad range of patients seek out our unique system of treatment, including those recovering from acute injury and those managing chronic conditions. We particularly welcome patients who have been failed by other treatments. Our goal is to help each patient overcome debilitating injury and escape the cycle of chronic pain, using a personalised treatment plan.

Pain is caused by the accumulation of lactic acid in the soft tissue. Our unique techniques break this down, then we address the causes by examining the patient in detail. As well as investigating the cause of the pain, we look at their diet, lifestyle and posture to come up with a personalised plan to keep the pain away.

### COPA methodology

Ammar Alsawaf recognised that the existing individual therapies were unable to successfully treat many injuries. He developed his innovative total care system which combined the techniques of the four main therapies: Chiropractic treatment, Osteopathy, Physiotherapy and Acupuncture (COPA). The resulting COPA method achieves results beyond those possible by the four individual treatments. **Read more**

## Services

### **Physiotherapy:**

Is a non-invasive form of treatment that addresses problems in joints, discs, muscles, tendons, ligaments and nerves (musculoskeletal system) that cause pain, stiffness and weakness. **Read more**

### Acupuncture

Acupuncture is one of the main components of Traditional Chinese Medicine and has been practiced for thousands of years in China. **Read more**

### Deep tissue Massage

Deep tissue massage is a massage therapy that focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for **Read more**

### Wet cupping

It is an ancient form of alternative medicine in which a therapist puts special cups on specific places on the skin for a few minutes to create suction. **Read more**

### Short and Long Term Injury Rehab Plan

Whether you’ve recently had surgery and the rehab will vary from a couple to several months or you just have an ankle sprain, we can help plan every stage of your rehab. With an individual plan and according to your availability we will design an optimal rehab plan that will suits your needs for a rapid recovery.

### Fitness planning

If you have recovered from an injury and need that extra fitness or strength training to reach a competitive level or just to feel good, we can also help you achieve your goals.

## What we treat

We are confident we can treat many different injuries providing an accurate diagnosis and effective treatment achieving a rapid recovery from any musculoskeletal conditions. Whether you’ve suffered an acute injury or have a long term condition, we will work with you professionally to create a treatment plan that suits you. You will be given a rehabilitation program tailored to your needs. We will offer you a clear explanation of the steps you will need to follow. Below are some of the conditions we treat. This is not an exhaustive list. **Read more**

### Lower back pain

**Read more**

### NECK & Upper Back

**Read more**

### Knee joint

**Read more**

### Shoulder

**Read more**

### Hip

**Read more**

### Foot& ankle

**Read more**

### Other Conditions

**Read more**