## Physiotherapy:

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. Our specialist physiotherapists will provide an accurate assessment, skilled techniques and appropriate advice.

Our physiotherapists are all members of the Healthcare Professions Council (HCPC) and the Chartered Society of Physiotherapy (CSP). They are highly experienced, skilled and up to date with the latest cutting-edge research and development. Many have worked with elite athletes and sports people including premiership footballers from various clubs.

 We can treat many types of sport-related injuries, providing an accurate diagnosis and effective treatment so you can achieve a rapid recovery from any musculoskeletal condition. Whether you’ve suffered an acute injury or have a long-term injury, 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.

### Short and Long Term Injury Rehab plans

Whether you’ve recently had surgery and need rehab which will take several months or you’ve just suffered 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 to achieve your goals.

Type of Sport Injuries we can treat:

-          Ankle Sprains

-          Runners knee

-          ACL ruptures

-          MCL tears

-          Chondromalacia

-          Plantar Fascitis

-          Ankle, foot, knee, hips, shoulder surgeries

-          Hip impingement

-          Golfers Elbow

-          Tennis Elbow

-          Shin Splints

-          Hamstring, calves and quadriceps ruptures

-          Patellofemoral Syndrome

-          Shoulder impingement

-          Shoulder Dislocations

-          Bulging Discs/Hernia

## Acupuncture

Without acupuncture we cannot call our clinic a Comprehensive Treatment Clinic as it adds so much to any treatment centre which wants to achieve high levels of care.

Acupuncture is one of the main components of Traditional Chinese Medicine and has been practiced for thousands of years in China. Acupuncture has become one of the most researched and documented of the alternative medical practices in Britain. Current clinically-controlled studies show that acupuncture can effectively treat many of the following chronic and acute conditions:

* Migraine
* Arthritis, rheumatism, back pain, sciatica,
* Frozen shoulder, joint and muscular aches & pains, cramp,
* Anxiety, stress, headaches, insomnia, depression
* Infertility, menstrual problems, menopausal problems,
* Fatigue
* Feelings of being ‘run down’,
* Parkinson’s disease,
* Pregnancy problems, post-natal care.

It can also be used to help with the following:

* Recovery from chronic or acute symptoms,
* Restore energy and the balance of their physical and emotional health,
* Rebuild a healthy lifestyle and the feeling of wellbeing.

**Does acupuncture hurt?**

Acupuncture rarely '**hurts**'. The most that people experience is a dull ache around the base of the inserted needle, or a slight tingling feeling when the needle is inserted. Points at the extremities, like toe or finger ends, can sometimes be a little sharp, but the sensation is usually brief.

## Deep tissue massage

Deep tissue massage is a type of massage therapy that focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronic aches and pains and contracted areas such as stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

Some of the same strokes are used as classic massage therapy, but the movement is slower and the pressure is deeper and concentrated on areas of tension and pain in order to reach the sub-layer of muscles and the fascia (the connective tissue surrounding muscles).

**How Does It Work? Techniques**

When there is chronic muscle tension or injury, there are usually adhesions (bands of painful, rigid tissue) in muscles, tendons, and ligaments. Adhesions can block circulation and cause pain, limited movement, and inflammation.

Deep tissue massage works by physically breaking down these adhesions to relieve pain and restore normal movement. To do this, the massage therapist uses massage oil and often uses direct deep pressure. Muscles must be relaxed in order for the therapist to reach the deeper musculature.

**Does Deep Tissue Massage Hurt?**

At certain points during the massage, most people find there is usually some discomfort and pain.

It is important to tell the massage therapist when things hurt and if any soreness or pain you experience is outside your comfort range.

There is usually some stiffness or pain after a deep tissue massage, but it should subside within a day or so. The massage therapist may recommend applying ice to the area after the massage.

**Benefits of Deep Tissue Massage:**

Deep tissue massage usually focuses on a specific problem, such as chronic muscle pain, injury rehabilitation, and the following conditions:

* Chronic pain
* Lower back pain
* Limited mobility
* Recovery from injuries (e.g. whiplash, falls, sports injury)
* Repetitive strain injury, such as carpal tunnel syndrome
* Postural problems
* Muscle tension in the hamstrings, glutes, IT band, legs, quadriceps, rhomboids, upper back
* Sciatica
* Piriformis syndrome
* Tennis elbow
* Fibromyalgia
* Muscle tension or spasm
* After a workout or bodybuilding

According to Consumer Reports magazine, 34,000 people ranked deep tissue massage more effective in relieving pain than physical therapy, exercise, prescription medications, chiropractic, acupuncture, diet, glucosamine and over-the-counter drugs.

Deep tissue massage also received a top ranking for fibromyalgia pain. People often notice improved range of motion immediately after a deep tissue massage

## 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.

It is used for many purposes, including helping with pain, inflammation, blood flow, relaxation, well-being, as a type of deep-tissue massage and removing of toxins and other waste material from blood.

There are two types of cupping, dry and wet.

The British Cupping Society suggests that cupping therapy is used to treat:

* Blood disorders such as anaemia and haemophilia.
* Rheumatic disease such as arthritis and fibromyalgia.
* Fertility and gynaecological disorders.
* Skin problems such as eczema and acne.
* High blood pressure.
* Anxiety and depression.
* Bronchial congestion caused by allergies and asthma.
* Varicose veins
* Other conditions such as back and knee pain, for athletes.

The Cupping Clinic applies typical standard measures in a healthy and safe manner. ***Not sure what you mean?***