# What do we treat?

*I will have drop down it says: lower back pain, neck & upper back, shoulder, knee,*

*foot & ankle, sport injuries and hip*

At CTCLINIC.CO.UK we are confident we can treat many different sport related injuries. We provide an accurate diagnosis and effective treatment to achieve a rapid recovery from any musculoskeletal conditions. Whether you have suffered an acute injury or have a chronic long-term injury, we will work with you to create a treatment plan that suits you in a professional manner. You will receive a rehabilitation program tailored to your needs and we will offer you a clear explanation of the steps you need to follow.

## Lower back pain

At CTCLINIC.CO.UK we treat the most complicated, chronic and acute back pain, often after other practices have failed to do so. ***Note Designer I want this in different font so to be more visible.***

Lower back pain can be caused by many factors, such as bad posture, heavy lifting, old injuries...

Damage to the lumbar spine can affect other parts of the body. The symptoms can present in the lower back, buttock region, hip, knee, upper and lower leg, ankle and foot. They can also involve the stomach, groin and peroneal region (saddle region).

It can affect functions such as sitting, walking, ascending and descending steps, lavatory function, coughing, sneezing, sleeping, bending and lifting. If you have any signs and symptoms in these areas, we need a proper assessment and diagnosis to treat your condition.

Assessment and correct treatment is our responsibility. At ctclinic.co.uk we diagnose and treat many conditions, such as:

* Lumbar strains and sprains
* Myofascial pain syndrome
* Lumbar radiculopathy (sciatica)
* Lumbar disc herniation and prolapse
* Spondylitis (arthritis).
* Spondylosis (degenerative disc disease).
* Sacro-iliac arthritis (hip and pelvic pain).
* Spondylolisthesis.
* Lumbar instability.
* Spinal canal stenosis (narrowing of the spine).
* Hypermobility lesions (facet joint syndrome/stiff back/Strains and sprains).
* Spinal disc herniation.

### Treatment

At our clinic we break down any of the above conditions into tightness of soft tissue in your lower back then we use our unique treatment to break this tightness. You will also be given number of stretching to do at home. ***Do we need this? It’s not comprehensive and makes it sound as if you use the same treatment for all the injuries.***

## NECK & Upper Back

The most common cause of neck pain is bad posture. The symptoms can present in the head, neck, jaw, chest, upper back, shoulder, arm, wrist and fingers. These signs and symptoms include pain, weakness, stiffness, dead-arm sensation, pins and needles, numbness and clumsiness.  Our assessment will verify whether these symptoms are due to damage of the cervical spine or other sources. Here at CTCLINIC.CO.UK we have assessed and successfully treated many conditions, including:

* Headaches.
* Migranes/Vertigo.
* Cervical disc herniation and prolapse.
* Cervical spondylitis/arthritis.
* Cervical nerve entrapment (pinched nerve).
* Musculo-tendinitis lesions (sprains/strains).
* Myofascial pain syndrome, fibromyositis.
* Cervical spine trauma (whiplash).
* Hypomobility lesions (stiff neck).

### Treatment

(At our clinic we break down any of the above condition into tightness of soft tissue in your upper back and neck then we use the method of treatment of Mr Sawaf to break this tightness then you will be given number of stretching to do at home). ***See above.***

## Knee joint:

The knee joint has three parts. The thigh bone (the femur) meets the large shin bone (the tibia) to form the main knee joint. This joint has an inner (medial) and an outer (lateral) compartment. The kneecap (the patella) joins the femur to form a third joint, called the patellofemoral joint. The patella protects the front of the knee joint.

Investigation of knee injuries must be undertaken with care, as the symptoms can originate from the lumbar spine. We will make a thorough investigation to discover the cause and propose the correct treatment.

At CLINIC.CO.UK we have assessed and successfully treated many patients with conditions including:

* Osteoarthritis: pain and inflammation caused by degeneration and deterioration of the joint
* Tendinitis: pain in the front of the knee which is made worse when climbing, taking stairs, or walking up an incline
* Bursitis: inflammation caused by repeated overuse or injury of the knee
* Chondromalacia Patella: damaged cartilage under the kneecap
* Gout: arthritis caused by the build-up of uric acid
* Baker’s Cyst: a build-up of synovial fluid (fluid that lubricates the joint) behind the knee
* Rheumatoid Arthritis: a chronic autoimmune inflammatory disorder that causes painful swelling and can eventually cause joint deformity and bone erosion
* Dislocation: dislocation of the kneecap most often the result of trauma
* Meniscus Tear: a rupture in one or more of the cartilages in the knee. ***How many are there?***
* Torn Ligament: a tear in one of the four ligaments in the knee — the most commonly injured ligament is the Anterior Cruciate Ligament (ACL) ***If you are giving full descriptions for these you should do the same for the others.***

### Treatment

(At our clinic we break down any of the above condition into tightness of soft tissue in your quadriceps then we use the mothed of treatment of Mr Sawaf to break this tightness then you will be given number of stretching to do at home). ***See above.***

## Shoulder

Shoulders are most commonly injured by falls or when playing sports. (Body building, cricket, tennis, rugby, squash...).The shoulder is the loosest joint in the body. It requires a great range of motion with a degree of stability for normal functional activities.

The ligaments, muscles and tendons around the shoulder play an important role in stabilising and controlling purposeful movement through a complex series of biomechanical inter-related movements of the shoulder blade and collarbone.

Symptoms of shoulder injury include: pain, catching **(Problems catching?)**, weakness, dead-arm, pins and needles, numbness, grinding and stiffness.

These symptoms can also originate from damage to the cervical spine. It requires a careful investigation by a qualified practitioner to arrive at the correct diagnosis.

At CTCLINIC.CO.UK we have assessed and successfully treated many patients with conditions including:

* Tendinitis
* Bursitis-subacromial bursitis
* Rotator cuff tears/rupture
* Biceps tears/rupture
* Arthritis
* Frozen shoulder/capsulitis
* Post-surgical arthroscopy/shoulder replacement
* Dislocation/instability
* Subluxation
* Impingement
* Nerve entrapment

### Treatment

(At our clinic we break down any of the above condition into tightness of soft tissue in and around your shoulder joint then we use the mothed of treatment of Mr Sawaf to break this tightness  then you will be given number of stretching to do at home).

## Hip

The most common cause of hip damage is overuse, either by walking, running or playing different sports (football, rugby, hockey, etc...). The hip is a ball-and-socket joint that allows for both stability and a considerable range of motion. Together with the pelvis, the hip functions to transfer the weight of the body to the lower limbs for functional weight bearing and locomotive tasks. Besides muscles and ligaments, there are a number of tendons and bursae that surround the hip and they are susceptible to over-use injury and inflammatory change. Pain and injury from the hip can be felt commonly in the groin, outer and back of thigh region, knee and buttock. Symptoms may also radiate down the lower leg to the ankle. Because the Lumbar spine can also give present symptoms in the same regions, a careful assessment and history is needed to determine the cause. At CTCLINIC.CO.UK we have dealt with many misdiagnosed cases, including:

* Osteoarthritis
* Hip fractures – acute and stress
* Tendonitis – adductor, hamstring, gluteal, rectus
* Femoris ***Is this a condition? I could only find a reference to rectus femoris, a mucle.***
* Labral tears
* Bursitis – trochanteric, psoas, and ischial
* Capsulitis
* Avascular necrosis
* Nerve entrapment
* Osteoporosis
* Synovitis
* Snapping hip

### Treatment

(At our clinic we break down any of the above condition into tightness of soft tissue in and around your hip joint then we use the mothed of treatment of Mr Sawaf to break this tightness  then you will be given number of stretching to do at home).

## Foot& ankle

The most common cause of foot and ankle damage is over-use or by them carrying too much weight. The foot and ankle region of the body is a unique anatomical structure. Many bones, joints, ligaments, tendons and muscles contribute to the passive and active stability and function of this region.

The foot and ankle region has two functions: weight-bearing and locomotive. It has to be able to support the body weight and propel the body. At the same time, the foot and ankle adapts to the terrain.

Symptoms of injury are most often observed in the ankle and foot region, but can radiate up into the upper and lower leg. These symptoms can be misleading as the cause may be coming from other parts of the body. For example, the lumbar spine and knee can directly produce symptoms in the ankle and foot.

Further, a change in body position or posture, e.g. using crutches, can cause compensatory symptoms in the body. A careful assessment is needed to determine the exact cause and location of the injury.

We’ve assessed and successfully treated many conditions including:

* Achilles strain/tear
* Shin splints
* Capsulitis
* Suceck’s atrophy-RSD
* Foot deformities
* Sprains/strains
* Neuroma
* Metatarsalgia
* Arthritis
* Synovitis
* Plantar fasciitis

### Treatment

(At our clinic we break down any of the above condition into tightness of soft tissue in and around your foot and ankle joints then we use the method of treatment of Mr Sawaf to break this tightness then you will be given number of stretching to do at home).

## Other Conditions

### 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 ***Should these be listed with the particular body part? It seems repetitive.***

At CTCLINIC.CO.UK, our treatment encompasses much more than just musculoskeletal injuries. We offer treatments for:

* Stress
* Depression
* Anxiety
* Insomnia
* Induce blood circulation

For more information please go to **services**