



Anne  
Saunders

I qualified as a chartered physiotherapist from Sheffield Hallam University in 2001. Since then I have worked in both the NHS and private practice specialising in the assessment and treatment of musculoskeletal pain and injuries. Over the years I have developed a wealth of hands on experience in treating all manner of pain conditions. I have a particular interest in the treatment of antenatal and postnatal back and pelvic girdle pain.

I am also an accredited matwork Pilates instructor. I find Pilates to be an excellent and very enjoyable form of exercise both for rehabilitation and fitness. The nature of Pilates exercises makes it accessible and appropriate for almost all ages and fitness levels. I am available for 1:1 pilates sessions as well as classes and use Pilates exercises where appropriate as part of a treatment programme.

- BSC (Hons) Physiotherapy
- HCPC registered
- Member of the Chartered Society of Physiotherapy

## Accreditations



## Find me here



Sunnyside  
Clinic

Sunnyside Clinic, 542 Burnley  
Rd, Crawshawbooth, Rossendale,  
Lancashire BB4 8NE

Tel: 01706 210585  
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## What is Physiotherapy?

Physiotherapy aims to reduce or eliminate pain and maximise the overall health and wellbeing of a person. As a physiotherapist I understand that you want to get better quickly and back to doing the things you love.

The skills of a physiotherapist lie in analysing how you move, sit, walk or run and through this identifying abnormalities which may lead to pain or injury. A thorough assessment of your problem will be carried out and I aim to treat your symptoms as well as identifying the underlying cause. Therefore together we can get you on track to recovery.

## Treatments covered

- ✓ Sports injuries
- ✓ Back and neck problems
- ✓ Post surgery rehabilitation
- ✓ Joint pains and arthritis
- ✓ Repetitive strain injuries
- ✓ Whiplash
- ✓ Antenatal and postnatal back and pelvic pain
- ✓ Biomechanical problems

## What can you expect?

I will initially carry out a thorough assessment which will involve discussing your symptoms as well as an examination of the problem area. It is best to dress in loose comfortable clothing for this.

I will always explain what the problem is and what treatment options are available so that we can agree a course of physiotherapy as appropriate that fits around you and your lifestyle.

## How do I treat?

A treatment plan will be discussed and agreed between us following your initial assessment. Your treatment is likely to include one or more of the following:

### Manual Therapy Techniques

These are hands on techniques that can vary from very gentle fine touch movements to deeper tissue and joint mobilisation techniques.

### Exercise Therapy

This can range from simple stretches to a more comprehensive programme. Exercises will be tailored to fit around your needs and lifestyle.

### Electrotherapy

Ultrasound and TENS electrotherapy treatment can be used to aid healing and reduce pain and swelling.

### Advice

This is a fundamental part of the treatment process. I will give you the advice and information needed for you to be able to help yourself speed up your recovery and prevent a recurrence of the problem.

