**Home Visits From 365 Physio Home Care**

365 Physio Home Care provide a home physiotherapy service, to facilitate those who cannot or do not wish to go to the clinics

**Best care at home**

365 physio home care is committed to provide the best physiotherapy services at home. Our aim is to help you get back to your normal life as fast as possible and we send the best physiotherapist at your preferred time.

**Our approaches**

**Exercise therapy-**

Exercise Therapy includes physical activities designed and prescribed for specific therapeutic goals. Its purpose is to work towards the restoration of normal musculoskeletal function or to reduce pain.

**Electrotherapy-**

**Electrotherapy is** used to **assist pain relief** and the **natural healing response** or inflammation reduction that provides relief and stimulation, which allows you to continue moving and functioning.

**Biomechanical analysis-**

Biomechanics is the study of human motion. The study of biomechanics is important when determining **what causes injuries** and therefore how we can **prevent** them re-occurring.

**Kinesiotaping-**

It has various applications in orthopaedic injuries to provide stability and support to the injured structure. It also helps to improve lymphatic and blood circulation in different affected body part.

**Manual therapy-**

This hands-on approach includes a wide variety of techniques for mobilization and manipulation to asses and treats different musculoskeletal conditions.

**Myofascial Release-**

The concept of trigger point’s myofascial release therapy. This approach eases up the tension in overloaded tensed muscles and relives the excruciating trigger points.

**Deep tissue massage-**

Deep tissue massage uses firm pressure and slow strokes to reach deeper layers of muscle and fascia . It's used for chronic aches, pain, repetitive strain, postural problems or injuries and contracted areas such as a stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.

**Dry needling-**

Dry Needling is an approach where acupuncture needle is inserted into the painful trigger point or tender point in the muscles which creates a twitch response in muscle and eases it up.

**Proprioception & Balance Exercises-**

Proprioceptive and balance exercises teach your body to control the position of a deficient or an injured joint. your **brain** sends electrical contract or relax messages to your **muscles**. Your **joint movement response** is detected by your **sensory nervous system** and **reported back to your brain** for fine tuning and improvement with repetition of the process.

**Neurodynamics-**

**Neurodynamics** offers a fresh understanding and management strategies for common syndromes such as radiculopathy, nerve root disorders, carpal tunnel syndromes and spinal pain." "Neuro mobilisation is a method of conservative treatment of disorders of neural tissue.

We Treat-

Orthopaedic Physiotherapy-

Low Back pain

Neck pain

Frozen Shoulder

Disc buldge

Fibromyalgia

Bursitis

Carpal tunnel syndrome

Tennis Elbow

Golfers Elbow

Ankle sprain

Knee replacement

Hip replacement

Osteoarthritis of knee, hip, foot etc.

Rheumatoid arthritis

Post fracture rehabilitation

Post operative rehabilitation

Computer related repetitive strain

**Neurology physiotherapy-**

Stroke

Multiple sclerosis

Parkinson disease

Bell’s palsy

Traumatic brain injury

Spinal cord injury

Dystonia

Cerebral palsy

Motor neuron disease/Amyotrophic lateral sclerosis

Guillian barre syndrome

Neuropathy

**Cardio respiratory physiotherapy-**

Chronic Obstructive Pulmonary Disease (COPD)

Asthma

Bronchiectasis

Bronchitis

Emphysema

Congestive Cardiac Failure (CCF)

Respiratory Infections, i.e. Pneumonia

Heart surgery

Lung surgery

**Sports medicine rehabilitation**-

Knee ligament tear (ACL, PCL, MCL, LCL)

Collateral ligament sprain

Meniscal injury

Muscle tear

Illiotibial band friction

Greater tronchantric bursitis

Patellofemoral stress syndrome

Osgood schlatter disease

Ankle sprain

Achilles tendonitis

Shin splints

Stress fracture

Impingement syndrome

Lateral epicondylitis

Rotator cuff tear

Carpal tunnel syndrome

Sacroiliac joint dysfunction

**Elderly physiotherapy care**-

Risk of fall

Osteoporosis

Improper balance and coordination

Reduce strength and endurance

Anxiety and depression

**Prenatal and postnatal physiotherapy care**-

Back pain

Incontinence

Increase lumbar lordosis and thoracokyphosis

Stretches and weakned abdominal and pelvic floor muscles

Reduced joint stability

Reduced balance and coordination

Help to control pregnancy induce Diabetes

***Pediatric physiotherapy***-

Cerebral palsy

Spina bifida

Motor dysfunction

Progressive neuromuscular disorder

Erb palsy

Cystic fibrosis

**Vascular rehabilitation-**

Varicose vein

Peripheral artery disease

Cerebral vascular disease

**Physiotherapy in fitness and postural care-**

Poor aerobic and endurance capacity

Poor muscle strength

Bad biomechanics

Spinal dysfunction (scoliosis, kyphosis, lordosis)

Forward head posture

Joint degeneration

Rounded shoulders

Potbelly

Repetitive strain injury