

Bonne Santé

Therapy Centre

2 OSMOND ROAD - HOVE - BN3 1TE

Tel: 01273 777401 ~ email: info@bonnesante.org ~ web www.bonnesante.org

PHYSIOTHERAPY

The primary focus of Physiotherapy is restoring normal function, maximizing potential and minimizing pain, whether this be high performance sport or basic activities of daily living such as walking or doing the housework.

A physiotherapist is a highly skilled practitioner trained to treat a wide range of disorders of the joints, muscles, ligaments, nerves and tendons of the body. You may see a physiotherapist for: Back Pain, Ankle/Knee Sprains, Muscle Strain, Whiplash and neck pain, Sciatica, Shoulder Injuries, Tennis Elbow, Rehabilitation after an accident or an operation or Postural pain

First a detailed assessment will be carried out with specific questioning and a physical examination to determine the source of the problem. It will then be decided whether physiotherapy could be beneficial for your particular problem.

Physiotherapy involves using a wide variety of techniques to help with your condition or injury such as:

- Joint mobilization/manipulation
- Deep soft tissue massage
- Muscle stretching
- Core strength training
- Pain relieving techniques
- Ultrasound and electrotherapy
- Acupuncture

The philosophy of physiotherapy is not only to use hands-on techniques but also to enable you to help yourself get back to fitness. A physiotherapist is expert in identifying which type of exercises you may need. This may be by, muscle stretching, range of movement exercises, specific muscle strengthening exercises, core stability exercises, postural and balance exercises, tailored gym programmed or sports specific rehabilitation

Physiotherapists are also bound by a code of ethics which ensures that we only treat when it is clinically appropriate and (with your permission) we would liaise closely with your GP.

NB: Always ensure your Physiotherapist is Chartered and a member of the MCSP

A Centre of Excellence for Complementary and Alternative Therapies in Comfortable and Relaxing Surroundings for Male and Female Clients of All ages