

A PHYSIOTHERAPY, SPORTS INJURIES AND REHABILITATION CLINIC

HELPING RESTORE PAIN FREE MOVEMENT



**A GUIDE FOR
REFERRERS**

Physiotherapy • Post operative rehabilitation • Sports Injuries
Rehab gym • Functional training • Massage therapy

Phone: 0207 093 3499 • www.physiolondon.co.uk



WHY PHYSIO LONDON

How we help your patients?

We are a people oriented business, and recognise that most referrals come via personal recommendation. That means we are results focussed, going to great lengths to ensure patients are happy with our service.

We recognise the importance of **good clinical reasoning**, and this underpins our practice. That means where a diagnosis isn't clear – and treatment would alter accordingly – we refer back to you for onward investigation.

We communicate. We write regularly to keep you in the loop as to how **rehabilitation is progressing**, or pick up the phone if we have any urgent queries.

Our patients expect great service. Our admin team ensure patients are emailed appointment reminders, have their insurance issues dealt with, and are offered **appointments on the same day** if there is an urgent need. We can see patients at 7am if required, and will stay back late when needed, and on request can visit patients at home or out of hours.

We're sensible. If we don't think we can help, we tell you, and suggest someone who can. **Our reputation is built on good outcomes.**

We don't treat forever. While we have many life long patients, our aim is to help patients return to normal, and **not** require our services every week for many years!

We remain up to date. As a clinic we are involved in ongoing CPD. We teach students, keep up to date with current research, and always look to develop.

We enjoy what we do. Few things are as rewarding as seeing patients **return to their normal life**, and in those that need to we try **and inspire people to be active.**

Patient outcomes often depend as much on their rehab as on their surgery...

Right from the moment I rang to make an appointment I felt reassured and at ease. The reception staff are fantastic and my physio Mani explained everything clearly at every session. I would highly recommend these guys for anyone needing professional and friendly treatment.

Claire



PATIENT CENTRED CARE

Physiotherapy London was established in 2002 with the goal of delivering a higher level of patient centred musculoskeletal treatment. "Our patients expect a high level of professional expertise, excellent service, and great outcomes. Therefore

we only have highly trained and experienced clinicians and excellent support staff, who have a fundamental desire to help those in need."

Cameron Tudor
Managing Director

What our patients think

Over **1000** patients have completed our patient feedback questionnaire over the past 4 years. **This is how we're doing.**

96%

96% of patients surveyed would recommend a family member or friend to Physio London.

94%

94% felt they received a good explanation of their problem and treatment plan.

94%

94% said that their initial consultation met their expectations.

90%

90% of patients could get appointments at convenient times.

94%

94% of patients thought our admin team were very helpful.

Our feedback is independently hosted by **customersure.com**. If you'd like to read our reviews please visit: <http://www.physiotherapy-specialists.co.uk/reviews>

COMMON CONDITIONS WE TREAT

Our Physio's have a broad range of experience with many years of extended scope experience, or post graduate training. While we treat most injuries across the MSK spectrum, below are some of the more common specific to our practice.

Shoulders

Impingement/bursitis, rotator cuff conditions, and capsular stiffness.

Hips

Labral tears, OA, gluteal/hamstring tendonopathies, bursitis.

Knees

Patellofemoral pain syndrome/ PFJ maltracking. Patella tendonitis. ACL rehab. OA

Ankles/Feet

Ligament sprains, plantar fasciitis, Achilles tendonopathies.

Elbows

Tennis and Golfers elbow

Wrists/Hands

1st CMC joint OA, carpal tunnel, De Quervain's tenosynovitis.

Necks and Backs

Cervicogenic headache. Disc or facet related lower back and neck pain. Spinal rehab.

Chronic Pain

Post-surgery rehab

We see all types of orthopaedic post-surgery patients.



OUR TOOL BOX

Our tool Box: What do physiotherapists actually do??

We simply aim to restore movement, facilitate recovery, and encourage tissue repair. This is how we do it.

Manual therapy

Massage, mobilising, stretching, stimulating. Can be used to improve movement, reduce muscle tone, reduce scar adherence, or improve muscle recruitment.

Dry needling

Anatomically based use of acupuncture needles. Used intramuscularly to reduce spasm, or to provoke an inflammatory/healing response in chronic tendonopathies.

Joint Mobilisation

Stiff joints respond well to mobilisation which are oscillating type movements of various strength. Collagen synthesis is improved, and pain is reduced.

Manipulation

Occasionally joints require a high velocity thrust to restore movement. Particularly effective in the thoracic spine. In a well selected patient this technique can be very useful.

Graded & Specific Exercise

Strengthening areas that are weak or stretching areas that are tight. Not everyone needs 'core exercises', but most need some exercise.

Rehab Gym

Enables us to progress patients from immediate post-op to end stage high level rehab. We use wobble boards, leg press machines, treadmills, weights, bikes, springs, bands, balls, and Pilates reformers.

Compex

Industry leading muscle stimulator. Wide range of uses, but we use it mostly for disuse atrophy following surgery.

Radial Shockwave Therapy

Can help normalise muscle tone, and improve tendon remodelling. Level 1 evidence in the treatment of plantar fasciitis.

Therapeutic Ultrasound

While often overused, it still has a role to play in some injuries and some patients.

Biofeedback

Assesses active muscle recruitment by analysing electrical activity during a muscle contraction. Helps patients to recruit previously inhibited muscle, and helps us determine which muscles require strengthening.

Gaitscan

Pressure plate analyser giving us foot pressure distribution information during walking. Helping

us understand if foot posture is contributing to more proximal problems, and establishing whether orthotics may be helpful.

Slow motion video analysis

Super slow motion, high definition, mostly used for gait and running analysis and important for correcting lower lib biomechanics.

Lifestyle advice

Much of our time is spent encouraging an active life, and advising patients how best to approach exercise as they get older. Our functional training team also help patients prepare for skiing or simply improve balance, mobility and strength.

Tapes/braces/orthotics

can encourage better movement, and help patients move with less pain during rehab.

Specific programs

Spinal rehab programs, ACL rehab, Get fit to ski, running re-training, functional training. Primarily aimed at preventing injury.

THE BORING BITS

INSURERS

We're recognised by all major insurers, and will claim directly from AXA PPP and BUPA.

APPOINTMENTS

We like to see patients for an hour initially, while most follow-up appointments if needed are 30 minutes.

MEETINGS AND EDUCATION

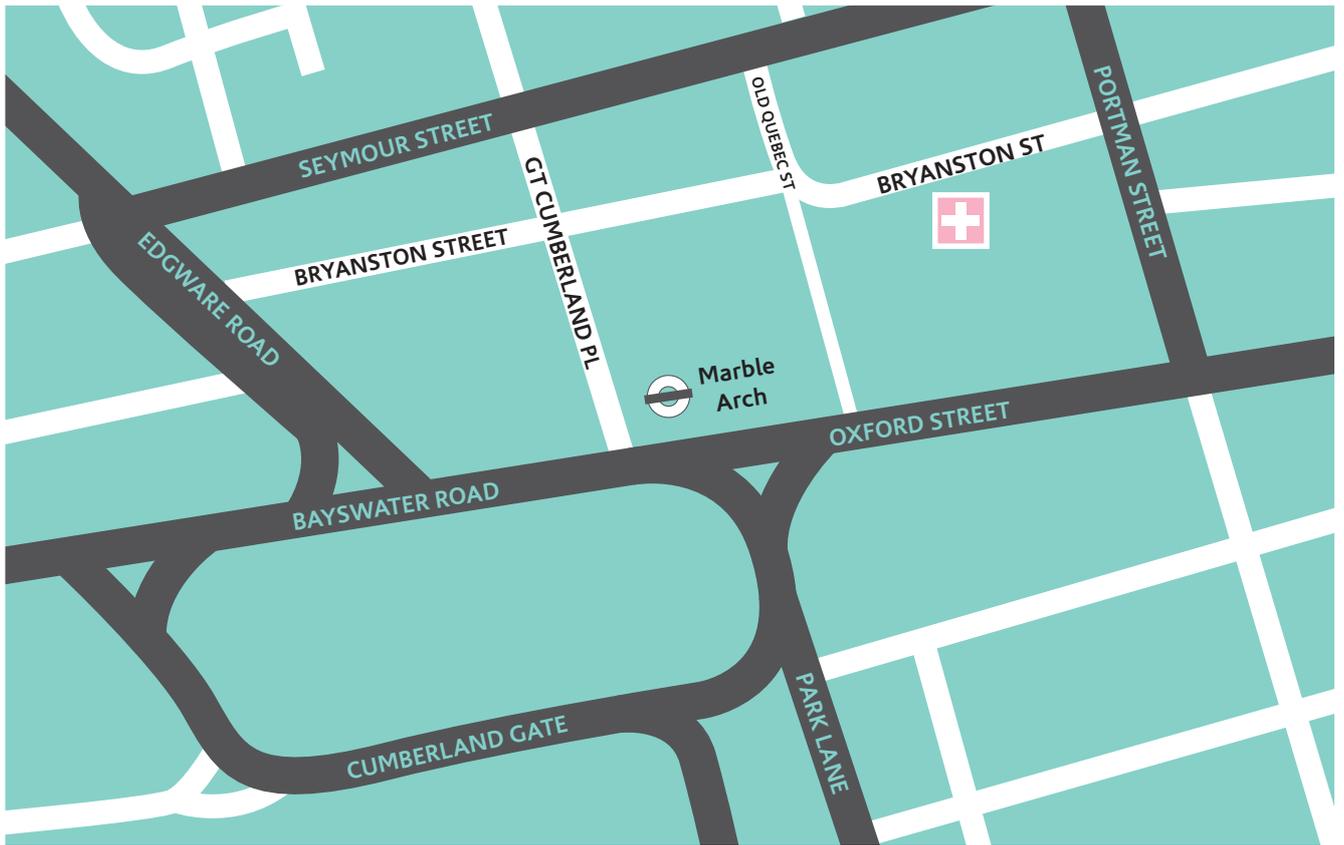
If you'd like to visit, we'd welcome the chance to show you around and introduce the team. We're also happy to provide GP/consultant education events at our clinic or at your practice.

LOCATIONS

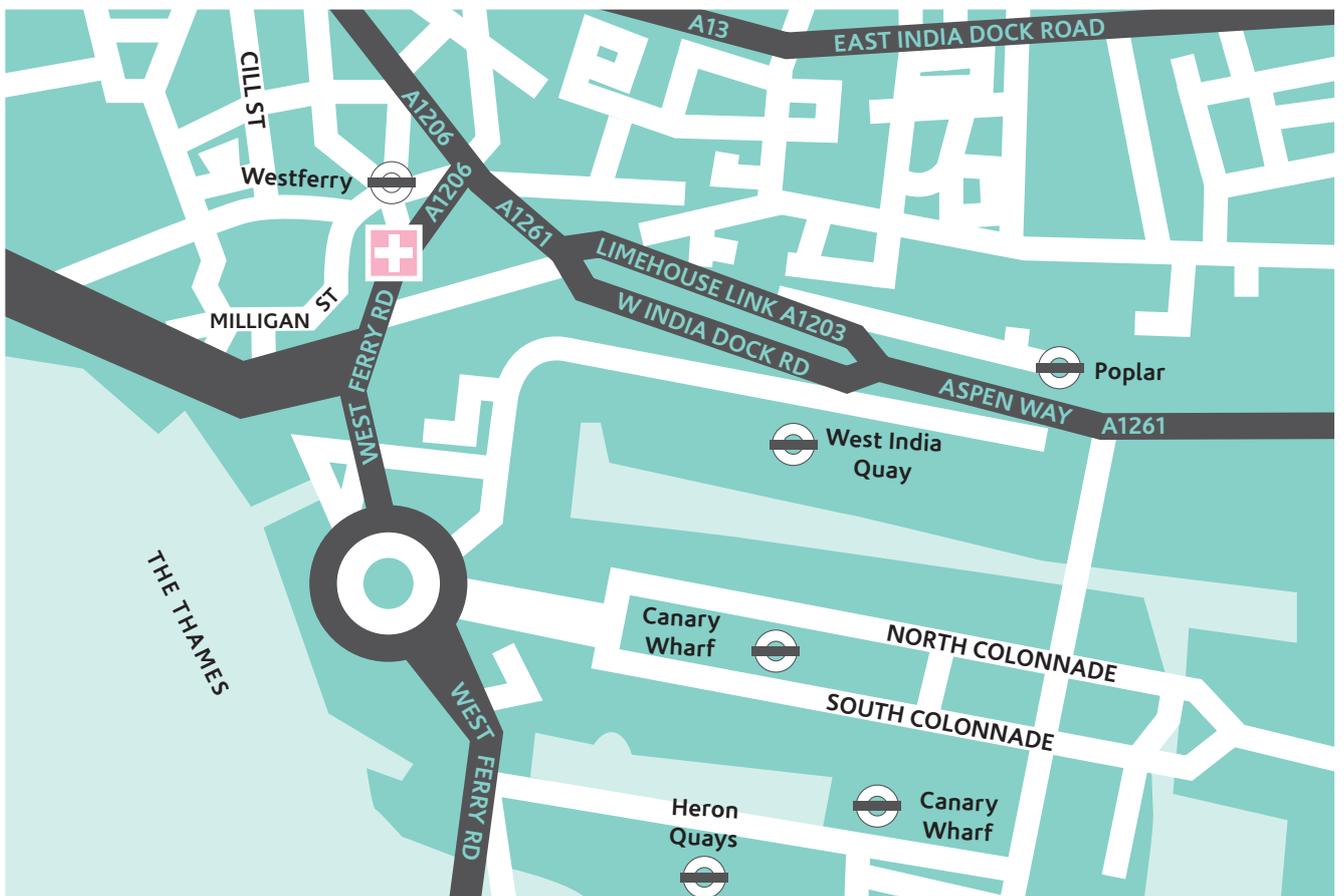
Canary Wharf and Marble Arch.
(Our sister clinic is West London Physio which is based in Kensington)

**HOW TO REFER:
WE'D WELCOME THE OPPORTUNITY TO HELP YOUR PATIENTS.**

BY POST: 150 Westferry Studios, Milligan St, London
BY EMAIL: enquiries@physiolondon.co.uk
BY PHONE: 0207 093 3499



LOCATION: MARBLE ARCH | Gymways, 21 Bryanston St W1H 7AB



LOCATION: CANARY WHARF | 150 Westferry Studios, Milligan St E14 8AS