

Physiotherapy

30

devonshire street W



THE PRINCESS GRACE HOSPITAL



What is physiotherapy?

Physiotherapy is a dynamic profession that uses a range of treatment techniques to restore movement and function within the body. Exercising sound clinical judgement and informed interpretation of findings is at the core of a physiotherapist's skills.

All physiotherapists employed at 30 Devonshire Street are specialists in the outpatient management of orthopaedic and musculoskeletal conditions including sports injuries.

Our clinic can assist in the treatment and management of:

- **Post-Operative Rehabilitation** - knee and hip joint replacements, knee arthroscopy, ACL reconstruction, shoulder reconstruction.
- **Post-Fracture Immobilisation** - regaining mobility following short or prolonged immobilisation due to fracture
- **Back and Neck Pain** - herniated discs, whiplash injuries, headaches, sciatica
- **Sports Injuries** - knee/ankle ligament sprains, rotator cuff and shoulder impingement problems, patello-femoral syndrome
- **Work-Related Injuries** - postural dysfunction, overuse and repetitive strain injuries, ergonomic assessment
- **Other General Joint and Soft Tissue Dysfunction** - frozen shoulder, osteoarthritis, tennis and golfer's elbow, etc.



Assessment

The initial assessment is the most important component of your care. It ensures that the most appropriate treatment is provided. A comprehensive initial assessment by one of our physiotherapists will include:

- A detailed history of the problem, including mechanism of injury, nature of symptoms, any past injuries and the effect of your overall lifestyle
- A thorough physical examination, including observation of movement and posture, range of motion, strength, joint/soft tissue mobility, palpation and activity/sport specific functional tasks

Once the assessment is completed the therapist will explain the findings and discuss the treatment plan with you.



Treatment techniques

A comprehensive range of treatments are available. They are designed to be effective, individualised and goal-oriented. These techniques include but are not limited to:

- **Exercise Therapy.** Individual programmes aimed at regaining active range of motion, strength, and overall function. These are completed independently and in our gym.
- **Manual Therapy.** A 'hands-on' approach to mobilise any restricted soft tissues or joints, utilising mobilisation, manipulation, muscle energy and positional release therapy, trigger point release or massage techniques.
- **Movement Analysis and Retraining.** Many conditions relate to faulty movement patterns and postural misalignments. Increasing patient awareness of irregular movement patterns and retraining specific muscle groups to achieve a better alignment is important in helping to prevent a recurrence of these conditions.
- **Electrotherapy.** A wide variety of ultrasound, electrotherapy and laser therapy machines are available to promote healing, relax spasm, reduce pain and swelling.
- **Acupuncture.** The Western anatomical acupuncture approach is used to deal with pain, swelling, spasm, restricted movement and relaxation.
- **Hydrotherapy.** With access to a hydrotherapy pool at a related site, we can advise on appropriate pool exercise programmes which can be performed independently.



Treatment progressions

In order to fully rehabilitate after injury we have several gym areas with a wide variety of cardiovascular and strengthening equipment, including:

- Weight machines
- Stationary bikes
- Treadmills
- Gym balls
- Balance boards
- Agility ladders

A schedule of individually tailored programmes provides many forms of medium to high level dynamic training, all monitored and progressed by knowledgeable staff.

Our Pilates studio provides an additional space for treatment and exercise.

Expertise

All our physiotherapists are State Registered and members of the Chartered Society of Physiotherapy. They have gained considerable experience with treating musculoskeletal injuries, which ensures the highest quality of care for our patients.

Many of our physiotherapists have:

- Trained or worked abroad
- Worked with sports teams at national and regional level
- Completed post-graduate academic training

Our in-service training programme ensures that all staff regularly update their skills.



Other services include:

Massage

To treat soft tissue lesions, swelling and pain. The service is specialised for reduction of swelling in post-operative areas.

Pilates Mat Classes

An exercise regime aimed at improving core (trunk) stability and spinal range of movement.

Fitness Assessment and Exercise Testing

Incorporating the use of computer software and fat testing equipment, non-injured individuals are given a fitness screening. A print-out of your results is explained and consultation is given aimed towards enhancing exercise techniques and methods of improving levels of fitness.

Hand Therapy

A specialised service to treat loss of function from problems which occur in the hand, wrist, forearm or elbow.

Precise diagnosis and accurate treatment allows us to help with a range of conditions including:

- Sport and work related injuries
- Hand and wrist fractures, acute soft tissue injuries/repairs
- Carpal tunnel syndrome, Dupuytren's and joint arthroplasty
- Reflex sympathetic dystrophy

In addition, our hand therapists have a special interest in 'musician's injuries'.

All services are provided by specialist qualified therapists.



Availability

We are open 8.00am to 6.00pm - Monday to Friday

Referral

Referrals from Consultants, sports doctors, GP's and other allied health practitioners are acceptable. Self-referrals are also welcome. Our service is covered by all private health insurance schemes.

If you would like to make an appointment or make further enquiries about our service please contact us on 020 7908 3660.

HCA

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HCA International is, above all, committed to the care and improvement of human life.

In recognition of this commitment, we strive to deliver high quality, cost effective healthcare in the communities we serve.

Contact Numbers

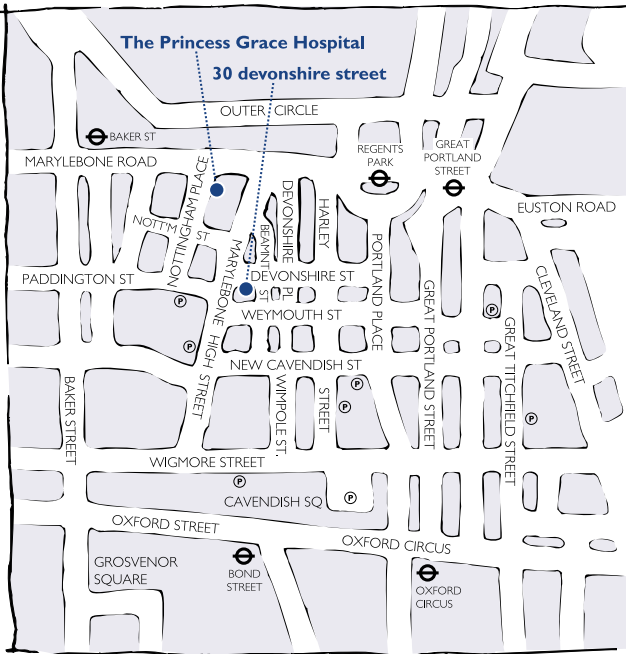
Physiotherapy

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F 020 7908 3661

The Princess Grace Hospital
Outpatient Physiotherapy Department
is now based at 30 devonshire street

how to find us



THE PRINCESS GRACE HOSPITAL

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30 devonshire street, London W1G 6PU

The main hospital switchboard 020 7486 1234

Visit our website at: www.theprincessgracehospital.co.uk

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