

Physiotherapy Programs

AND ALL YOU NEED TO KNOW

WHAT IS A PHYSIOTHERAPY PROGRAM

Physiotherapy programs are designed to help patients recover from injuries, improve movement, and manage chronic conditions through targeted exercises, manual therapy, and education. These programs can vary depending on the specific needs of the patient, the type of injury, or the condition being treated.

HOW DOES THE PROGRAM WORK?

A physiotherapy program will be created following a musculoskeletal appointment or gait analysis. The goal is to address the specific issues identified during the evaluation and promote optimal function, mobility and pain relief. The program will be bespoke for each patient, taking into account the patient's unique needs, goals, and any underlying conditions. Programs will then be emailed to you as a patient and progress will be monitored.

