



WELCOME TO
PHYSIONEEEDS



Your Information and General Advice Guide

At **PhysioNeeds we want you to know that we have your best interest at heart. This booklet tells you what physiotherapy can offer and gives you free general advice. It also tells you a little about us and all **our clinics**.**

About Us.....

Since 1982 **PhysioNeeds** have been supplying premium physiotherapy to Nottinghamshire.

PhysioNeeds is ever growing and now boasts 5 clinics in and around Nottinghamshire.

We pride ourselves on providing hands on physiotherapy and treat a wide range of problems including back and neck pain, sports injuries, sprains and strains, arthritis, whiplash and many more conditions.

Our patients range in age from 3 to 93 with various life related injury problems. We have an **excellent** track record and work closely with other healthcare professionals and aim to achieve **100% recovery**

What Is Physiotherapy?.....

Physiotherapists help people affected by injury, illness or disability through movement and exercise, manual therapy, education and advice.

They maintain health for people of all ages, helping patients to manage pain and prevent disease.

The profession helps to encourage development and **facilitate recovery, enabling people to stay in work while helping them to **remain independent** for as long as possible (CSP definition).**



General Advice.....

Stretching

Stretching can either be taught or be done passively by your physio. This helps with **muscular imbalances** and **pain** caused by tightness.

Strengthening

If a muscle is **weak** this can cause **damage** to surrounding tissues and structures. Muscle strengthening is taught and depending on the level of training this may also involve resistance materials like therabands.

Manual Therapy

At PhysioNeeds we use manual therapy to treat joint stiffness, muscle imbalances and pain. We use manipulations on joints, passive mobilisations, massage and acupuncture in order to **restore natural movement**.

Electrotherapy

We have a wide range of electrotherapy equipment that can be used to **reduce swelling** and **promote healing** in the acute stage of injury.

Proprioception

If your muscles have been inactive for a while then your brain forgets the correct alignment of your body. Proprioception exercises are taught and help your brain re-learn the correct alignment which in turn **improves balance and coordination**.

What Else Can We Help With?.....

Cardiovascular Fitness

If the heart is not working properly this can have a big effect on all the organs in the body. Physio can help with cardiovascular fitness in order to **increase exercise tolerance** and therefore **general health**.

Pain Management

As a result of having pain for a long time (**chronic pain**) our mind begins to alter the way we perceive pain. This means you feel pain much more than you are supposed to. Pain management can help you to alter the way you perceive pain and manage pain in order to **not let it get in the way of life**.

Fit2GoPhysio

This is a brand new approach developed by PhysioNeeds that is aimed towards healthy patients. It looks at **preventing a potential problem** instead of fixing it when it appears. It is a full body assessment looking at what can be improved in order to prevent injury in the future. This can be **tailored** towards any specific sport or activity like skiing, tennis, walking or running.



Our Clinics.....

www.physioneeds.co.uk

The Nottingham Sports Injury Clinic

736 Mansfield Road

Woodthorpe

Nottingham

NG5 3FW

0115 960 9553



PhysioNeeds West Bridgford

Rushcliffe Leisure Centre

Boundary Road

Nottingham

NG2 7BY

0115 945 2771



PhysioNeeds Cotgrave

Cotgrave Leisure Centre

Woodview

Cotgrave

Nottingham

NG12 3PJ

0115 9856 842



PhysioNeeds East Bridgford

1 Main Street

East Bridgford

Nottingham

NG13 8PA

01949 21354



PhysioNeeds East Leake

11 Gotham Road

East Leake

Loughborough

Leicestershire

LE12 6JG

01509 856274



If you needs us.....

**You know where
we are**

