

Physiotherapy



CRYSTAL PALACE
PHYSIO GROUP

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Making People Better

What is Physiotherapy?

Physiotherapy is a therapeutic health profession concerned with improving the way you move, and enhancing your quality of life, by giving you the most suitable treatment for an injury or condition. If you suffer from back or neck pain, a sports injury, arthritis - in fact any joint or muscle problem - Physiotherapy can help relieve your pain and get you moving again.

Who can be treated with Physiotherapy?

Physiotherapists are involved in helping people of all ages, from young infants to the elderly, from all walks of life. They commonly treat people suffering back or neck pain, general aches and pains, and sports injuries. This means we are able to help with any muscle, bone, joint or ligament problem you may have. We also have Physiotherapists, who treat issues such as continence and pregnancy related pain.

How can Physiotherapy benefit you?

We have an award winning team of Physiotherapists who are trained to assess the underlying causes of joint, muscle and nerve injuries so you can be confident of the treatment and advice that you receive.

You will get effective treatment that uses a wide range of techniques to:

- Relieve your pain,
- Restore your movement, and
- Prevent any further problems.

To do this, the treatment you receive may include education and advice about your condition and your health, joint mobilization and manipulation, therapeutic exercise and stretches, and soft tissue massage.

Our team are experts in diagnosing and treating injuries and will provide you with easy to understand and helpful advice.

Contact us now

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