

Physiotherapy is the essential medical discipline concerned with restoration of function and relief of pain, generally in muscles, joints, tendons and ligaments. By reducing the impact of injury and addressing the underlying causes of symptoms, physiotherapists can maximise the function of the human body and so extend longevity of use and quality of life.

At the Leigham Practice, we know that the quality of treatment is directly related to the quality of the therapists. This leaflet is designed to give you information about our excellent therapists and the problems they can help. Physiotherapy runs **Monday to Thursday** evenings.

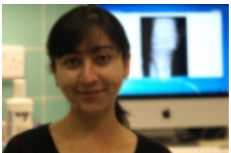
Samantha Fielder BSc (Hons), MCSP



After qualifying from Manchester School of Physiotherapy Sam has gained skills and experience with a wide variety of problems. She has experience working with Manchester Rugby Club and also with the Arsenal Football Club ex-professional and celebrities charity team, where she dealt primarily with acute and traumatic sports injuries and rehabilitation.

Sam continues to work part time within the NHS at Kings College Hospital where she works as a Senior Physiotherapist supervising junior staff. She works with upper and lower limb, neck and back problems associated with sport, work and activity. Sam also works with a wide range of post-operative conditions and with recovery from orthopaedic surgery. She has completed post-graduate studies in acupuncture and can integrate this into conventional treatments as required, providing comprehensive care for our clients.

Harinee Ohri, BSc(Hons), MCSP



Harinee has extensive experience in the management of patients with a wide range of musculo-skeletal pathologies ranging from acute ligament injuries (hip, knee, ankle, shoulder), ligament reconstructions (including ACL and patella), post-orthopedic surgery (including complex spinal surgery) and chronic back pain.

Harinee has worked alongside consultant orthopedic surgeons, provided pre-operative assessments and post-operative treatment. In addition to conducting teaching programs for juniors, students and peers, she has also found time to set up high-level core stability classes for athletes and is experienced in the treatment of problems associated with a wide spectrum of sporting disciplines.

Emma Brockwell BSc (Hons), MCSP



Emma is a Senior Musculo-skeletal and Orthopaedic Physiotherapist who alternates between the Leigham Practice and the private London Bridge Hospital. Being herself a keen rock climber, marathon and cross-country runner, Emma treats a wide range of sporting, occupation and post-surgical problems. She has worked with the assessment and management of complex neuromusculoskeletal presentations, is a Pilates Class Instructor and has post graduate qualifications in acupuncture.

Emma has developed her skills with both Orthopaedic Trauma and Neurological Critical Care and her professional development includes knee problems and instability, lumber spine and pelvis problems, shoulder theory and practice and foot and ankle problems. She has worked with the Ankylosing Spondylitis Society and patients with Multiple Sclerosis providing her with a wide range of skills.

Harriet Jones MSc, MCSP



As Musculoskeletal Physiotherapist in a major London teaching hospital, with a further degree in Sport and WTA world ranking points as a singles and doubles tennis player, Harriet Jones has a comprehensive and detailed understanding of a wide variety of problems caused through sport and training, from simple problems through to complex problems in elite athletes.

Harriet is not just a highly skilled sports physio, she has held NHS posts working with orthopaedic patients, with fracture clinics and with rheumatology departments. She has worked with back and lower limb rehabilitation and has undertaken post graduate courses related to the knee, ACL, shoulder and upper quadrant problems.

Amy Hodge BSc, MCSP



Before her recent senior promotion to Orthopaedics and Hip Pathway Coordinator at a major London teaching hospital, Amy worked as Neuromusculoskeletal and Orthopaedic Physiotherapist at the Royal National Orthopaedic Hospital, managing problems such as peripheral nerve injury, chronic pain, hypermobility, scoliosis, sports injury and rheumatology patients.

Although working in places such as the London Spinal Cord Injury Clinic, the Sarcoma Unit and amputee and rehabilitation clinics demonstrates Amy is able to manage the most complex of cases, she is able to treat a full spectrum of problems through sport, injury and activity, including more simple problems.

Conditions treated with Physiotherapy

Essentially, at physiotherapy's core are three specific skills:

- Massage and manipulation
 - The use of equipment such as ultrasound and laser therapy
 - Exercise and movement
- With these in mind this leaflet highlights some of the range of problems physiotherapy can prevent, manage and treat.

Back Pain

Depending upon the cause and type of pain, physiotherapists can treat back pain in a variety of ways:

- Advice and early activity (recent research indicates that one of the most important treatments for low back pain is movement)
- Mobilisation/manipulative physiotherapy
- McKenzie therapy
- Specific stabilisation exercises
- General exercises and stretches
- Ergonomic advice
- Postural advice

Musculo-skeletal physiotherapists manage a wide variety of musculo-skeletal disorders and have a number of techniques to help the back move well and stay well. Research has proven that specific stabilisation exercises are an effective treatment for low back pain. Physiotherapists are the only group of professionals appropriately qualified and educated to instruct in these exercises.

Ongoing 'maintenance treatments' are often not required once the back has been successfully treated by a physiotherapist, and self-management is encouraged through specific exercise programmes. If severe pain persists, physiotherapists can refer for X-rays or recommend appropriate alternatives to deal with difficult or complex cases.

Problems with posture and imbalance

Physiotherapy aims to restore the body's normal functioning and a treatment programme will be tailored to the individual depending on the problem. This may involve a range of exercises and/or stretching of muscles and nerves, joint mobilisation, ultrasound and electrotherapy. The use of stability exercises, particularly clinical pilates exercises, may be used to retrain muscle balance and improve posture.

Injury through sports

Sports physiotherapy is concerned with the early and accurate diagnosis and treatment of musculo-skeletal injuries. The treatment goal is to rehabilitate the injury as quickly as possible and ensure an early return to functional activity or sport. Sports physiotherapy also has a role in the prevention of injury. Physiotherapists who work in sports physiotherapy prescribe specific exercise programs tailored to the needs of individuals with levels of sports participation ranging from that of the recreational sports person to the elite athlete. Physiotherapists also advise on appropriate sporting and everyday equipment, providing protection, supports, splints and appliances for optimal performance and safety.

Injury through occupation

Physiotherapy and ergonomics including pre-employment/return to work screening, advice on phased return to work, functional capacity evaluation, work rehabilitation, health promotion and fitness, risk assessment and risk management, ill-health prevention strategies.

Orthopaedic Complaints

Physiotherapists are ideally positioned to act as gate keepers for orthopaedic problems, identifying problems which can be effectively treated without surgery. They can help:

- Acute or chronic joint pain, arthritis, joint stiffness or poor mobility
- Recovery from knee or hip joint replacement
- Acute or chronic back or neck pain
- Old injuries or fractures, poor posture and work injuries
- Recovery from accidents or orthopaedic surgery

Post-operative treatment

Where some problems are dealt with surgically, physiotherapy can expedite recovery and help:

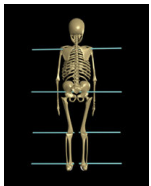
- Pain management.
- Functional rehabilitation and relief of stiffness
- Prescription of supports, splints and appliances
- Identify and support post op complications
- Specific exercise prescription
- Restoration of muscular strength

Repetitive Strain Injury (RSI)

The symptoms of RSI include aches, pain, swelling, numbness, tingling, weakness and cramps, but with diffuse RSI there are usually no visible signs. RSI is caused by a combination of overuse and repetition, awkward or static posture and insufficient recovery time. Stress is often a factor.

RSI is both preventable and treatable. The key point is that it is vital not to ignore the early warning signs. Physiotherapists use a wide variety of specialist techniques to help this common and potentially serious problem and can also help to develop an individual exercise and work-conditioning program, including postural awareness, rest breaks, stretches and ergonomic information to reduce further injury.

An holistic approach

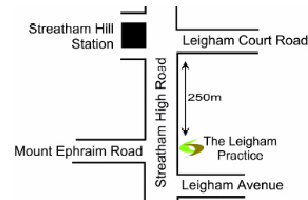


A physiotherapist works to improve your mobility and health and to reduce the risk of injuries. In many cases, an injury is caused by different factors working together. For example, persistent back pain may be triggered by a combination of poor posture, weight, repetitive work-related activities and incorrect technique when playing sport.

The physiotherapist aims to treat the problem, but also to address the factors which contribute to the cause. This approach aims to reduce the risk of the injury happening again.

Practice Information

- Rail: Streatham Hill BR
4 min walk
- Streatham Station BR
12 min walk
- Bus: 57, 109, 118, 133, 159,
201, 250, 255,
319, 333 & P13
All stop directly outside at
'Mount Ephraim Road' request stop
- Car: Unmetered parking in adjacent
Leigham Avenue or opposite in
Mount Ephraim Road
- Limited Parking (20min) directly
outside between 10am-4pm
- Foot: Directly opposite junction of
Mount Ephraim Road with
Streatham High Road



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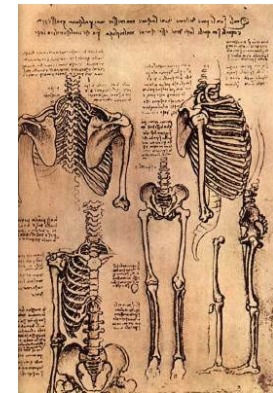
www.leighampractice.com

Other services available include:
Chiropody / Podiatry, Osteopathy, Acupuncture,
Massage Therapies and other treatments

We only ask our clients to respect our cancellation policy where appointments cancelled or changed with less than 24 hours notice, or are missed, incur the full charge. We send our thanks for your respect of our staff and services.



Physiotherapy



Musculo-Skeletal Specialists

HPC Registered Professionals

Appointments
(020) 8769 7409