

Physiotherapy is the essential medical discipline concerned with restoration of function and relief of pain. 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.

### Emma John, MSc (Hons), MCSP



Emma qualified with a Masters degree in Physiotherapy from Kings College London and has since worked within the private and NHS sector. Within her current role a senior chartered physiotherapist Emma treats a variety of acute and chronic neuromusculo-skeletal presentations including sports injuries, peripheral (including wrist/hand) and spinal dysfunctions in addition to those presenting post orthopaedic surgery.

Extensive post graduate training has allowed Emma to develop advanced assessment and treatment skills which are integrated within her client management to enhance rehabilitation. Specific training includes: McKenzie treatment for low back pain Acupuncture for management of pain, inflammation and muscle tension, Pilates to promote rehabilitation specifically of lumbopelvic conditions and specialist manipulative therapy

### Sam Fielder, MCSP



After qualifying from Manchester School of Physiotherapy Sam has gained skills and experience with a wide variety of problems. Sam 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.

She 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.

Sam has completed post-graduate studies in acupuncture and can integrate this into conventional treatments as required.

### Clare Henson, MCSP



Clare qualified in Physiotherapy from Coventry University and currently works at Kings College Hospital where she treats a range of spinal, upper limb and lower limb complaints. In her busy role within the acute

sector she also supervises junior physiotherapists and supports physiotherapy students whilst on placement.

Clare spends her week with a London Division One Rugby Union Team, and tours in the summer with a Rugby Sevens team enabling her to develop and specialise into a wide range of acute sports injuries, pitch side management and the rapid recovery and return to fitness demanded by elite athletes. As part of Clare's personal development she is in the process of joining the Acupuncture Association of Chartered Physiotherapists (AACP) to be able to use this with her clients as a useful treatment adjunct.

### Ellie Woffenden, MCSP



Ellie qualified as a chartered physiotherapist from the University of the West of England and has since worked within the NHS sector developing her skills in the musculo skeletal field. She is now a senior physiotherapist at Kings College Hospital and assists in the running of a small outreach department, along with supervising junior staff and students. She is a practicing member of the Chartered Society of Physiotherapists (CSP) and has gained experience treating a wide range of conditions including sports injuries, orthopaedic complaints and post-surgical rehabilitation, peripheral and spinal dysfunctions and chronic pain. Ellie is BUPA Registered.

Currently a member of the Australian Physiotherapy Pilates Institute (APPI), Ellie is a qualified Pilates Instructor that enables her to instruct in a group setting as well as a one-to-one basis.

Ellie has also extended her scope of practice and is a certified member of the Acupuncture Association of Chartered Physiotherapists (AACP). She uses acupuncture as a useful adjunct treatment for musculo skeletal conditions.

## What we treat

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

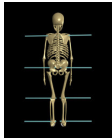
### Repetitive Strain Injury (RSI)

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.

### Your treatment

The first time you visit the physiotherapists you will be asked about your problem and general medical history. You will have a physical examination to determine the nature of your problem so a diagnosis can be determined and treatment prescribed.

The number of treatments you may require can vary from one or two, to a course for more complex problems. Your physiotherapist will be able to discuss your particular problem and advise you accordingly and can tailor your treatment to suit your needs.

Our aim is to treat and cure as effectively as possible and then prevent in the long term, and look forward to helping you in future should the need arise.

## 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



8 Leigham Hall Parade  
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London SW16 1DR

**Tel: (020) 8769 7409**

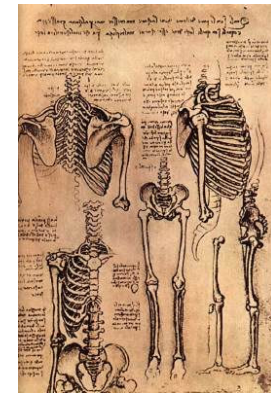
[www.leighampractice.com](http://www.leighampractice.com)

Other services available include:  
Chiropractic / Podiatry, Osteopathy, Acupuncture,  
Homeopathy, 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**