

AMBULANT PHYSIOTHERAPY

**10% discount to all
Preston Swimming Club
members**

*Private Health Insurance and
Insurance Claims welcome
Home visits arranged on request*


DO YOU SUFFER FROM?

- Back Pain, Acute & Chronic
- Neck Pain, Joint Pain
- Muscle Tear
- Ligament Damage
- Repetitive Strain Injuries
- Sports Injuries



MARTHA RICHARDSON
HPC REGISTERED PHYSIOTHERAPIST

TREATMENTS AVAILABLE:

- **Acupuncture** – To relieve chronic pain and muscle tension.
- **Electrotherapy** – Ultrasound to repair ligaments and tendons.
- **Exercise** – To strengthen weak muscles after injury to prevent reoccurrence.
- **Back Rehabilitation programme** – A group rehabilitation session created specifically for back pain patients.
- **Massage** – Facilitates the healing process and is relaxing leaving the patient feeling rejuvenated, Full body massage is also available.
- **Mobilisation Techniques** – Reduces stiffness of joints that are a source of pain, increasing range of movement.
- **Traction** – Reduces pain from disc protrusions in the back or neck.
-  **Swingbuster® Golf Clinic**

LARGE GYM FULLY EQUIPPED FOR REHABILITATION

Pilates Classes run several evenings per week and are taught by Physiotherapists. The aim is to improve core stability, toning and balance techniques and includes both functional postural re-education and stress relief and relaxation techniques. Beneficial to those with back pain, poor posture, sports injuries, arthritis, stress related illness and also before and after pregnancy.

Holistic & Alternative Therapy

- **Hearing Therapist:** Runs a tinnitus management programme and a balance rehabilitation clinic. If you suffer from a ringing in your ear we may be able to help you.
- **Holistic Therapists:** Provide a variety of relaxing and therapeutic treatments including full/half body massage, Sports massage, Remedial massage and Swedish massage, aromatherapy massage, reflexology, Indian head massage and Hopi ear candles.
- **Homeopathy:** Uses remedies to treat a whole range of emotional, physical and mental difficulties.

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