

## CHARTERED PHYSIOTHERAPY

Our resident physiotherapist is a member of the Chartered Society of Physiotherapists and a member of the Association of Chartered Physiotherapists in Occupational Health and Ergonomics. He is also registered with the Health Professions Council being extensively trained in anatomy, physiology and pathology. His aim is to assist patients to achieve their full potential with regard to normal functional movement and fitness. Additionally the biopsychosocial approach is encouraged to help chronic pain sufferers.

**Treatment** An extensive range of manual and electrotherapy skills will be used in conjunction with exercise therapy and education to treat and manage a wide range of conditions eg. back shoulder and neck problems, whiplash, frozen shoulder, sciatica, neuropathy, tendonitis, tennis elbow, carpal tunnel syndrome, strains and sprains to ligaments, muscles and tendons.

*In addition to the above treatment carried out at the clinic, health and safety workstation assessments and manual handling assessments can be arranged at your place of work.*

## MANUAL LYMPHATIC DRAINAGE

Manual Lymphatic Drainage is a very specialised technique of gentle massage, (circular or spiral movements with a pressure after each movement) of the skin which helps the lymphatic system work better. This change of pressure produces a pumping action and acts on oedema (fluid retention). The lymphatic system represents the waste disposal system of the body and is largely powered by muscular contraction, respiration and massage. If the lymphatic system is not working efficiently then oedema will be present in the tissues and toxins in the system will build up. It is invaluable in the treatment of Primary and Secondary lymph oedemas. In fact it is the recognised treatment, combined with decongestive therapy for these conditions. However it will also help heavy legs, swollen ankles, sinusitis, acne, post-operative swelling, venous oedemas, leg ulcers, scarring due to burns, haematomas, fluid retention during pregnancy, constipation, general detox, orthopaedic surgery, rheumatic diseases and post-operative scarring.

## CRANIOSACRAL THERAPY

Craniosacral therapy works on the craniosacral system (CSS). Functionally it is intimately linked with the central nervous system, neuromuscular system and endocrine system. The cerebrospinal fluid, which rhythmically moves within the CSS, both protects and nourishes the brain and spinal cord. Malfunction of any of these components of the CSS then impacts on sensory, motor, emotional and intellectual function. The CSS is a self-correcting system and the practitioner merely encourages it back to functionality using gentle palpatory skills and non-invasive manipulative techniques. It deals with issues such as the long-term effects of accident, surgery, inflammatory conditions, chronic pain, headaches and migraine, low energy, 'stiff joints', recurring infections, sleeping difficulties and many more.



Capitelli Oils has a range of pure organic essential oil mixes for a range of ailments including head lice and insect repellent, baby massage oils which are very beneficial for baby's delicate dry skin and beautiful smelling oils to help you sleep better and also aid in the reduction of cellulite and chesty congestion! Body and face moisturisers can also be made up to suit individual needs and requirement. (See separate leaflet)

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## HERBAL MEDICINE

The gentle healing effect of Herbal Medicine is suitable for all people including babies. It promotes health, restores balance and helps the body's own capacity to heal itself. Gentle remedies made from plants are given to improve physical, mental and emotional health. A treatment plan will be tailored to your needs and advice on lifestyle, diet, relaxation and exercise may be given to complement the treatment. It can treat a wide range of health problems such as allergies, candida, arthritic disorders, migraines, depression, PMS, menopausal complaints, endometriosis, IBS, bronchitis, acne, psoriasis, HBP, circulatory problems and others.

## REMEDIAL/SPORTS THERAPY

This therapy is the skilled physical treatment of muscles, tendons, joints and ligaments by massage. Massage is used as a preventative measure during sports training and competition to ensure the muscles are well balanced, smooth and relaxed when resting, toned and strong in action. Should injury occur, massage after initial first aid treatment helps the damaged tissue to heal quickly and correctly with the minimum of scar tissue, adhesions and loss of mobility. Massage after sport ensures that the muscles are relieved of stiffness and soreness.

### CONDITIONS THAT RESPOND TO REMEDIAL MASSAGE

Back pain  
Sprains and Strains  
Tennis and Golfer's elbow  
General tension of the neck and shoulders  
Sports injuries  
Headaches  
RSI

80% of all injuries can be treated with remedial massage. Another condition that responds well to remedial massage is arthritis; massage does not cure this condition but it can help to ease the symptoms, increasing the range of movement and reducing pain and discomfort. It is recommended by the Arthritic Association.

## REFLEXOLOGY

It works on the principle that all major organs of the body can be treated by the methodical application of gentle pressure to specific reflex points on both feet. These reflex points reflect the state of our health. It is suitable for health problems of all age groups and is compatible with all other forms of medicine. It restores balance, revives energy, refreshes, relaxes, reduces stress and removes toxins. It promotes the body's own natural healing abilities and enhances the working of the immune system. It can also be used as a preventative medicine. Ailments that can be improved include anxiety, PMT, sinusitis, HBP, headaches, depression, digestive problems, backache, arthritis, insomnia and circulation. As it is the feet that are worked on, the client need only remove shoes and socks.

## ANTI-CELLULITE TREATMENT

This involves a vigorous massage with a machine called G5 which concentrates on the areas of the body where cellulite gathers. Firstly the lymph nodes are stimulated, and then the application of the G5 followed by massage of the area with a special anti-cellulite oil called Versatilata! Clients are encouraged to invest in a natural dry bristle brush to use at home in between treatments together with the special oil. All can be purchased at the Meadowbank Clinic. Normally 4-6 sessions will be required during which time clients will be encouraged to follow a healthy diet.

## HOT STONE MASSAGE

Stone massage involves the application of water-heated balsalt stones of varying sizes to key points of the body, giving a deep massage and creating sensations of comfort and warmth. The direct heat relaxes muscles, allowing manipulation of a greater intensity than with regular massage. The benefits of Hot Stone therapy include: induces a state of deep relaxation, warm tendons will loosen faster and stretch further, relieve pain and muscle spasms, detoxification of the body, may ease bloating caused by water retention, regulates digestion and improves metabolic rate, plus many more.

## BABY MASSAGE

Experiencing nurturing touch from an early age can help to stimulate development of the nervous system, aid digestion, improve blood circulation, improve immune functions and increase awareness in babies. Group and individual sessions are available.

## PREGNANCY AND POST-NATAL MASSAGE

This combines Shiatsu Massage techniques with Swedish, Acupressure, Deep Tissue and Lymphatic Drainage Massage. Regular massage during pregnancy and the post-natal period can help alleviate aches and pains, improve energy levels, reduce oedema and stretch marks, balance hormones, improve health, prepare both mother and baby for labour, aid breastfeeding and improve well-being following birth. Each session is tailored to the individual needs of the client.

## INDIAN HEAD MASSAGE

Indian Head Massage is a form of natural healthcare that originates in India. Indian women practiced this within their own families and passed down the art to their children. It involves deep thumb and finger pressure, friction and soothing strokes to the back, arms, neck, head and face. Indian Head Massage can be carried out on a fully-clothed client or with the use of towels, either sitting in a chair or lying on a massage couch. It encourages deep relaxation and can help to relieve headaches, anxiety and insomnia. Oils can be used if wished.

## HYDROTHERAPY MASSAGE

A deep, profoundly relaxing and beneficial massage technique that will relieve stress and aid relaxation, ease joint and muscle stiffness and is the ideal solution to the stress of modern living. Experience a wonderful feeling of total revitalization, regeneration and harmony. Your entire treatment is carried out while you lay face up on warm Hydrotherm water filled cushions, assisting in perfect spinal alignment. Suitable for all ages.



## HOMEOPATHY

Homeopathy is a complete system of medicine with its own philosophy of health and disease. Physical, mental and emotional realms are recognised as being intimately connected. You are treated as an individual with your own unique symptoms (whatever the name of your illness). Homeopathy puts your body's own self healing power (vital force) back in balance, strengthening your natural resistance to disease. Homeopathic medicines are non-toxic and can be safely used from pregnancy to old age. Homeopathy can treat acute and chronic illness, and a homeopath can often help people with diseases considered incurable by conventional methods.

*Would clients please note that 24hrs notice is required to cancel an appointment otherwise 50% of the treatment price will be charged.*

# MEADOWBANK CLINIC



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