

- Back and Neck Pain
- Low back pain
- Sciatica
- Facet joint dysfunction
- Slipped / prolapsed disc
- Whiplash
- Neck Pain
- Headaches
- Postural overstrain
- Spondylosis
- Spondylolithesis
- Sacroiliac pain
- Post-partum / pregnancy pain
- Upper limb Pain
- Frozen shoulder
- Shoulder impingement
- Shoulder dislocation / instability
- Rotator cuff tendonitis
- Trapezius Myalgia
- Tennis and Golfers Elbow
- Carpel Tunnel
- Repetitive strain injuries
- Post fracture rehabilitation
- Lower Limb pain
- Runner's knee
- Patella dislocation / tendinopathy
- Osgood Schlatter's Disease
- Groin Pain
- Hip bursitis
- Ankle Sprain
- Calf rupture
- Muscles strains
- Plantar fasciitis
- Heel pain
- Post-fracture rehabilitation
- Post-surgical rehabilitation
- e.g. Ligament reconstruction, keyhole surgery

## Physiotherapy at Home

We see people at home who cannot make it into clinic. This may be the frail, elderly, post-operative patients or patients in distressing pain. We also see patients with multiple sclerosis, Parkinson's disease and other neurological conditions

## Footscan analysis also helps:

Plantar fasciitis, bunions, heel pain, shin splints, stress fractures, anterior knee pain, Achilles tendonitis, longstanding instability following ligament sprains, metatarsalgia, hardened skin areas, hip pain and low back pain + many more

## Massage also helps

Stress, tension headaches, anxiety, post sporting soreness, delayed onset muscle soreness, improve sporting performance (preparation), reducing build up of toxins, improving circulation.

96 Mill Lane

West Hampstead

London NW6 1NQ

