



### **Manual Therapy**

- Performed for a variety of conditions and is tailored to each individual's needs
- Changes in joint accessory mobility greatly enhance body motion
- Dynamic process – techniques change with improvements in your condition
- Can reduce stiffness and improve range & quality of motion
- Involves a hands on and individualized approach to therapy

### **Home Exercise Programs**

- A thorough evaluation process identifies an individual's problem, which can be localized. Therefore, a number of highly specific exercises will be given for the presenting condition
- As a patient progresses these exercises change in order to challenge them and further increase their function in daily life
- We provide a lot of education on the cause of the problem and ways to prevent recurrences – education can be in the form of anatomy, physiology, ergonomics, appropriate ways to stretch, lifestyle changes, exercise approaches and self management of symptoms

### **Soft Tissue Mobilizations**

- Injuries generally result in some degree of soft tissue change throughout the body
- Joint stiffness, as well as poor posturing and body mechanics are also associated with soft tissue changes
- It is thus essential to manually mobilize this soft tissue to prevent and break up any scar tissue and thickenings that are present
- Our physical therapists have excellent training in this technique and can provide relief from soft tissue issues

### **Education**

- Being educated about your condition is one of the first steps to overcoming it
- Due to the highly skilled up to date training of our therapists, we are able to provide excellent patient education to enable the patient to be empowered
- We pride ourselves in aiming to prevent recurrences of an injury
- This is achieved through comprehensive manual treatment combined with accurate education and effective home program exercise training