



Physiotherapy



Our Practitioners:

Our Practitioners are fully qualified and registered members of the Chartered Society of Physiotherapy.

Private Health Care

The cost for your physiotherapy may be met by your private health insurer.

For details contact the practice or your own insurance provider.



and many more...



Opening Times

OSTEOPATHY

Monday 9.00am-6.30pm
Tuesday 9.00am-7.00pm
Wednesday 9.00am-7.00pm
Thursday 9.00am-7.00pm
Friday 9.00am-9.00pm
Saturday 9.00am-1.00pm

ACUPUNCTURE

Monday 2.00pm-6.30pm
Wednesday 12.00pm-8.00pm

PHYSIOTHERAPY

Wednesday 9.00am-1.00pm
Saturday 2.00pm-6.30pm

SPORTS/REMEDIAL MASSAGE

Monday 2.00pm-6.30pm
Tuesday 2.30pm-6.00pm
Friday 10.00am-9.00pm
Saturday 8.30am-6.30pm

PODIATRY SERVICES

Monday 10.00am-2.00pm

HOMEOPATHY

Tuesday 9.00am-1.00pm

Debit and Credit Cards accepted



The Cedars Practice
Osteopathic & Complementary Therapies



- Osteopathy
- Acupuncture
- Physiotherapy
- Sports Massage
- Remedial Massage
- Podiatry Services
- Homeopathy
- Reflexology

For further information or to book an appointment

Tel: 01883 344301

Email: osteopath@back2health.biz

48 High Street, Caterham, Surrey CR3 5UB

www.back2health.biz





What is Physiotherapy?

Physiotherapy is a profession that uses a variety of specific manual techniques that can help you to overcome & manage injury or short-term health problems, including long-term disability.

Your Physiotherapist's primary concern is your specific injury or illness, which will also include methods to improve your general wellbeing & overall quality of life.

When is Physiotherapy appropriate?

Specialised musculo-skeletal physiotherapy can help you overcome a wide range of physical health related problems, including particular:

- Bone and joint conditions.
- Certain heart and lung problems.
- Neurological problems.
- Certain childhood conditions.
- Conditions that occur in old age.
- Acute (short-term) & chronic (long term) health conditions.

Your Physiotherapist will take a holistic approach. This means they will treat your problem in relation to your body as a whole, rather than focusing on individual factors of an injury or illness.



What conditions can be treated?

Physiotherapy can help you regain your health and independence following an injury or operation by helping to restore normal body function.

Common complaints treated by physiotherapy include muscle & joint problems, back & neck pain and injuries such as strains & sprains.

Physiotherapy techniques

Physiotherapy uses a range of specialised skills such as massage & manipulation, including exercise therapy & electrotherapy to promote healing, wellbeing and particular non-invasive techniques.

Movement & exercise

Rehabilitation programmes which include specific exercises are often used to help particular health problems.

Massage & Manipulation

Massage involves manipulating the body's muscles, ligaments & tendons using the hands. This method is suitable for most people & can be used to:

- Improve circulation.
- Help fluid drain from parts of the body more efficiently.
- Improve movement of joints and limbs.
- Relieve pain & help you relax.

Some conditions that are often treated using soft tissue techniques include neck problems, headaches and stress.

Electrotherapy

Electrotherapy is a form of treatment that uses mild electric currents or impulses to stimulate the nervous system. These electric impulses can help your muscles relax, ease pain & promote healing. Electrotherapy can also be helpful for a variety of chronic and acute conditions.

