

What physical therapy can do

Physical therapy addresses the treatment, healing, and prevention of injuries and disabilities.

Breakspear's professionally trained therapist will focus on:

- relieving physical pain
- promoting healing
- restoring movement or range of motion
- improving and correcting posture and alignment
- fitness, wellness and stress relief
- education on posture, stabilisation and building strength in a weakened area, and how to prevent additional injury

Physical therapy is generally recommended for those who are dealing with:

- permanent disabilities
- a major injury or accident and are in a recuperating phase
- crippling diseases like arthritis, lower back pain, or multiple sclerosis
- neurological ailments

Physical therapy is also very effective in aiding children to cope with issues such as developmental delays or muscle and joint weaknesses.



Breakspear Medical Group Ltd

Hertfordshire House
Wood Lane, Hemel Hempstead
Hertfordshire HP2 4FD
United Kingdom

Tel: +44 (0) 1442 261 333

Fax: +44 (0) 1442 266 388

Email: info@breakspearmedical.com

www.breakspearmedical.com



Breakspear
Medical Group Ltd

About

Physical Therapy



Physical therapy

There are many benefits of physical therapy. At Breakspear Hospital, we are offering physical therapy primarily to help alleviate mechanical problems, restore and increase range of joint motion, improve coordination, decrease pain, reduce muscle spasm and plasticity, control swelling and inflammation of joints, promote healing of soft tissue lesions, prevent contracture and deformity of limbs, and address gait problems.

In addition, our Physical Therapist is also qualified in the following specific therapies:

Breathing Exercises – Various breathing techniques have been adapted to promote nasal and diaphragmatic breathing in response to the findings of our transcutaneous gases test. Breathing exercises can aid relaxation, reduce muscle pain, open airways and blood vessels and help to regulate the nervous system.

Massage - Massaging before and after whole-body hyperthermia IRATHERM® treatment has many benefits. Massage before IRATHERM® releases toxins from the tissues, allowing more efficient excretion during and after the session. Massage, using organic oils, improves blood circulation and therefore increases O² availability to the tissues. Increased O² levels and lymphatic massage will reduce the body's toxic load.

Neuromuscular Taping – This new technique of taping is a versatile alternative to oral analgesics, as it is suggested that it inhibits pain signals. It can be used to increase circulation to tissues and aid lymph drainage. It can also be used to treat acute inflammation and prolapsed discs and to provide relief for pain in joints and muscles.

Breakspear's qualified physical therapist can help



Carly Day

Breakspear's Physical Therapist, Carly Day, is a Graduate Sports Rehabilitator. She received her BSc (Hons) Sports Rehabilitation and Injury Prevention from Middlesex University in 2005.

With her training and experience, she can work alongside doctors, physiotherapists and osteopaths and specialises in the prevention and rehabilitation of injuries.

She has received training in anatomy, physiology, exercise screening and prescription, biomechanics, remedial and deep tissue massage and other therapeutic techniques, nutrition, psychology and pharmacology.

Price list

Breakspear Hospital's Physical Therapist, Carly Day, works with our doctors and offers:

- Injury consultations: – 45 minutes: £42
- Breathing consultation: – 30 minutes: £35 (*Initial visit should be followed by visits after 2 weeks and then after 8 weeks.*)
- Massage: – 30 minutes: £35
– 60 minutes: £50
- Neuromuscular taping: – first visit (30 minutes) : £25
– subsequent visits (15 minutes): £15
- Exercises: – 30 minutes: £35
– 60 minutes: £50

About Breakspear Medical Group

Breakspear Medical Group runs a private day hospital that specialises in treating patients for allergy and environmental sensitivity.



There are nearly 60 staff members including qualified doctors and nurses, accountants, laboratory technicians and administrators. Breakspear

is a family owned and run operation that has treated over 15,000 patients since 1982.

Visit www.breakspearmedical.com for more information.

Appointment times

Pre-arranged physical therapist appointments may be booked within the following times:

Monday	3:00pm - 5:00pm
Wednesday	9:00am - 12:00pm
Friday	9:00am - 12:00pm

(Breakspear Hospital is open Monday through Saturday 9:00am - 5:00pm, excluding Public Holidays.)

To make an appointment with Carly Day to discuss your therapy requirements, telephone Breakspear Reception 01442 261 333.