

What We Treat

Back to Health Physiotherapy use a wide variety of treatment techniques to help with a broad spectrum of musculo-skeletal problems. These include:

- Back pain
- Sciatica
- Spine / disc problems
- Neck pain, including whiplash
- Upper limb problems, including shoulder, elbow, wrist and hand i.e. frozen shoulder, carpal tunnel, golfers elbow, tennis elbow
- Lower limb problems, including hip, groin, knee, ankle and foot i.e. shin splints, Achilles tendonitis, heel spurs, foot pain
- Accidents and injuries i.e. sports injury, fall, car accident
- Muscle, joint, tendon and ligament problems
- Sprains, strains and overuse
- Trapped nerves
- Postural problems
- Arthritis, joint swelling, stiffness and pain
- Migraines and headaches
- Work related problems i.e. repetitive strain injury (RSI)
- Mobility / walking problems
- After surgery rehabilitation i.e. hip / knee replacement, arthroscopy
- Long term pain
- Stress, anxiety, insomnia and tiredness
- ME / CFS (Myalgic Encephalomyelitis / Chronic Fatigue Syndrome) specialist service if you have any specific questions regarding any condition you may have or symptoms which you are suffering from and are unsure if our physiotherapy treatment service can help, please contact the therapist