

ME / CFS Services

A specialist service is available at Back to Health Physiotherapy for those with ME / CFS (Myalgic Encephalomyelitis / Chronic Fatigue Syndrome) also diagnosed as PVFS (Post Viral Fatigue Syndrome).

ME / CFS is a condition that affects many thousands of people, with often devastating results. The symptoms of ME / CFS are wide ranging as they can affect every system within the body. These include:

- Widespread pain
- Severe headaches

- Profound fatigue

- Disorientation
- Dizziness

- Reduced Concentration
- ‘Brain fog’

- Memory problems
- Difficulty with word recall
- Sleep disturbances

- Digestive problems / food intolerances

- Problems with temperature control
- Photophobia (light sensitivity)
- Chemical sensitivity

- Palpitations

- Swollen glands
- Mobility problems
- Post exertion fatigue disproportionate from pre illness activity

ME / CFS is characterised by a worsening of symptoms following physical, mental and emotional stress, which are not resolved and often not relieved by rest.

Gail offers a very personal and in-depth knowledge of ME / CFS through her own experiences of having ME / CFS over the past 7 years.

Having visited many specialists and practitioners throughout the country and having tried numerous therapies, Gail has built up a substantial portfolio of treatments which help the condition and understands that no one treatment in isolation will work for everyone.

She has carried out additional, specific training in treatments found to benefit the condition so to offer an integrated, holistic and empathic physiotherapy service that focuses on the whole person and meets their individual needs.

For those who are severely affected and unable to attend either of the Back to Health Physiotherapy clinics there is a home visit service available to Bolton and surrounding areas within Lancashire and Greater Manchester. These include; Bolton, Westhoughton, Blackrod, Horwich, Radcliffe, Kearsley, Farnworth, Walkden, Tyldesley and Atherton. For other areas such as Chorley, Darwen, Blackburn, Bury, Salford and Wigan please contact Gail directly, or if you are interested in this service and unsure if your area is covered. Contact us by email here...