

Treatments Used

Back to Health Physiotherapies approach to treatment is that everyone is unique. As such, longer treatment sessions are offered at both of the clinics, to ensure a thorough, personalised treatment, tailored to meet the specific needs of each individual. Our approach is very much 'hands on' and includes:

- Body massage

- Lymphatic drainage massage

- Sports Massage
- Mobilisation
- Manipulation

- Soft tissue and visceral release
- Muscle energy techniques

- Craniosacral therapy

- The Perrin Technique™; [click here for more info...](#)
- Reflex therapy

- Acupuncture (with needles)

- Electro acupuncture (without needles)

- Laser acupuncture (without needles)
- Auricular / ear acupuncture (without needles)

- Moxibustion (heat acupuncture stimulation for arthritis)

- Electrotherapy (Ultrasound, Interferential, TENS)
- Orthotics
- Stretching and exercise progression
- Advice on lifestyle management