Physiotherapy treatments for musculoskeletal conditions

We are happy to assess and treat anyone with a musculoskeletal (e.g. joint, muscle, nerve or ligament) problem. Common things we treat include:

- acute back pain including sciatica and disc problems
- chronic back pain
- neck pain, including whiplash
- headaches
- shoulder pain
- elbow pain
- wrist pain
- repetitive strain injuries
- injuries post trauma, including fractures
- post orthopaedic operations (spinal, shoulder and knee surgery, joint replacements)
- post spinal surgery
- sacroiliac joint pain
- hip pain
- knee pain
- ankle pain
- rheumatological conditions (AS, RA etc)
- haemophilia related musculoskeletal problems
- sports injuries
- work related injuries
- sprains and strains / soft tissue injuries
- paediatric orthopaedic and musculoskeletal conditions

If you have a problem which is not listed here, and wonder whether we may be able to help, please do not hesitate in contacting us to discuss this further.

What we aim to provide our patients

You will have an initial assessment which will involve discussion about your pain or problems and a thorough examination. From this we will aim to provide you with an explanation of your
symptoms and agree a plan on how to help you achieve your goals and your best possible outcome. The range of treatment options we have available to help with your condition include:

- manual therapy techniques (joint mobilisations, manipulations)
- soft tissue techniques (massage, myofascial release, trigger point techniques, stretches, PNF)
- patient-specific exercise prescriptions
- structured exercise classes and programmes (back class, leg class, ACL reconstruction class, shoulder class, osteoarthritis class, pilates, individually tailored programmes)
- hydrotherapy
- advice and education
- chronic pain management advice
- functional restoration programme for those with long standing pain.
- acupuncture (only in combination with other physiotherapy treatments) *
- electrotherapy

* NB: Please note, we do not accept referrals purely for acupuncture.

Your therapist will establish with you the best combination of treatments to help achieve your goals.

Our classes have a large educational component and are designed to along with condition management advice promote the importance of regular exercise. They enable patients to have the confidence to continue with exercising, either independently, at a local gym, or linking in with the Start-Up scheme.

If for some reason you fail to reach your expected outcomes, our therapists can liaise directly with specialists who are able to assist your onward referral for more specialist medical assessments.

**What can you do to help us with your treatment**

During your first appointment, we will need to find out from you about your problem, how it started and how it is affecting you. We may also need to ask you several questions about your problem to allow us to fully understand your problem. We will discuss with you what your goals and concerns are about your problem. To properly assess your problem area, we will ask for your permission to remove some of your outer clothing so that we can see the affected area and perform movements and test on you to establish exactly the cause of your problem.

There are several things that you can do to help us to help you at this time:
• please bring a list of your current medication
• we will spend time talking to you about your aims for treatment. It is helpful to us if you have some ideas of what you would like to achieve from your Physiotherapy so that we can work with you on this and ensure the best from your assessment
• we will ask you to remove some of your outer clothing to ensure a thorough assessment of your pain or problem. You may feel more comfortable bringing a vest top and shorts (dependent upon where your problem is) to put on whilst we do this
• we aim to run as close to time as possible with our appointments. In order to allow us to do this, please allow for plenty of time to reach Addenbrooke’s site, park and get to the outpatient centre for your appointment time.

How long will my assessment or treatment session last?

Dependent upon your problem, your initial assessment may last up to 45 minutes.

Follow up treatment sessions may last up to 30 minutes.

If you attend a class, you should expect to attend for up to 45 minutes.