

Physiotherapists can, by physically examine you and taking into account your history, diagnose the problem/injury. They can put together a programme of therapies to get you back to normal function as quickly as possible. This could include:

- Electrotherapy
- Manual mobilisations
- Deep tissue/soft tissue massage
- Exercises: strengthening, stretching
- Heat and cold therapy
- If trained, can prescribe Orthotics
- Taping
- Advise on posture and ergonomics
- Advise on Injury prevention.

We at Weaver Physiotherapy pride ourselves on giving the right, evidence based treatment, that won't cost you the earth. We have your best interests at heart when it comes to getting you fit and well and back to normality the quickest way possible, educating you on your injury, giving you the confidence and ability to prevent re-occurrence.



** Unfortunately we do not offer cardiac rehabilitation at the clinic at this present moment in time