

What is Physiotherapy?

Physiotherapy can help with injuries or problems with your muscles, bones or joints. It aims to improve your condition by looking at your whole body, not just the problem area. This includes restoring normal movement after an injury, or correcting the development of a movement that isn't working properly.

What the treatment will be like?

The physiotherapist will take your full medical history and perform a complete physical examination. This might include muscle and nerve tests. Your treatment plan will then be discussed and agreed.

This is a hands-on therapy, and the physiotherapist will move parts of your body for you. You will also be given exercises to do at home.

After the treatment you may experience some soreness for 24-72 hours.

Wear loose clothing to allow free movement and access to the area that needs treatment.

Further information: The Chartered Society of Physiotherapists www.csp.org.uk

Appointments are held at our Wellspring Site, Beam Street, Barton Hill, BS5 9QY - 0117 304 1400

www.wellspringsettlement.org.uk info@wsb.org.uk

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NHS
Bristol, North Somerset
and South Gloucestershire
Clinical Commissioning Group

This information leaflet provides a short explanation of each of the physical therapies we offer at the Musculoskeletal Clinic

MSK CLINIC: INFORMATION LEAFLET

- **Chiropractic: (male therapist)**
- **Osteopathy: (male therapist)**
- **Physiotherapy: (male and female therapists)**



What is Osteopathy?

Osteopathy is a well-established system of diagnosing problems with your muscles and joints, and treating them using stretching and massage.

Osteopaths look at the relationship between the structure of the body and how it works, and restore the balance between muscles, joints and ligaments. If you are out of balance through some sort of injury, illness, or stress, you may feel pain or discomfort in your body. If this balance is improved, you are more likely to be healthy and free from pain.

What the treatment will be like?

The Osteopath will take a short medical history and review your overall health. The therapist will carry out a physical assessment, so you may have to remove some clothing.

The treatment is a hands-on therapy. It focuses on you as an individual, which means your treatment is tailored for your needs. An Osteopath uses a variety of techniques to release and loosen joints, ease tight muscles, and restore normal function. The manipulation can range from extremely gentle to more dynamic.

Your muscles or joints may feel sore after your appointment but the treatment itself is not painful. You may receive instructions for specific exercises, as well as posture and lifestyle advice.

If you are uncomfortable removing clothing, bring light leggings and t-shirt to wear.

Further information: General Osteopathic Council at www.osteopathy.org.uk

What is Chiropractic?

Chiropractic aims to reduce pain, improve movement, and help your body work better. The treatment involves making adjustments to your muscles and joints. It can help with neck, back, shoulder and knee pain, joint stiffness and discomfort, sports injuries, muscle aches, pain from arthritis, and headaches and migraines.

We offer two different types of chiropractic therapy:

McTimoney chiropractic works well for people with injuries or people who are very sensitive to pain. This is a whole-body approach which uses quick, light adjustments.

Diversified chiropractic uses faster adjustments, resulting in the cracking or popping sound many people recognise from chiropractic treatments.

What will the treatment be like?

The chiropractor will take your full medical history and perform a complete physical examination. This might include joint and nerve tests. Your treatment plan will then be discussed and agreed.

This is a hands-on therapy, and the chiropractor will move parts of your body for you. You will also be given exercises to do at home, and follow on exercises after your treatment plan is completed.

Wear light, loose clothing to allow the chiropractor to treat you.