

# PHYSIOTHERAPY



CHARTER MEDICAL

INNOVATIVE HEALTHCARE FOR YOU



**Charter Medical**

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## **Aim:**

Prompt and accurate diagnosis of your injury with appropriate treatment/rehabilitation, to return you to work/to your sport as quickly as possible. We have two orthopaedic surgeons who work with us in the Leinster Clinic, Maynooth, for rapid access to surgical appointments, should your injury require surgery.

## **PHYSIOTHERAPY SERVICES & TREATMENTS**

### **Neck & Back Injuries**

Cervical & Lumbar traction (to decompress damaged discs)  
Joint manipulation and mobilization (to get your joints moving fully)

Ergonomic Workstation Assessment & Advice  
(to optimize your working posture)  
Home Exercise Programmes including core exercises  
Soft Tissue Massage (to ease muscle spasm)

### **Sports Injuries Rehabilitation**

Accurate Assessment of Sports injuries & prompt treatment programmes initiated  
Deep Friction Therapy to break down scar tissue formation  
Electrotherapy modalities to decrease pain and swelling and promote quicker healing (ultrasound, interferential currents & laser treatment)  
Neuromuscular stretching to increase flexibility  
Strapping & braces for sports injuries to prevent further injury

### **Balance Assessments**

Balance Assessments to prevent falls in elderly patients and also to improve coordination in athletes

## CONDITIONS TREATED

- Achilles Tendon Injuries
- Ankle Sprains
- Arthritis – osteoarthritis/  
rheumatoid arthritis
- Back Pain & Stiffness
- Bells Palsy
- Calf Muscle Injuries
- Disc Disorders of the  
Neck & Back
- Dislocated Shoulder
- Fallen Arches
- Fibromyalgia
- Foot Problems
- Fractures
- Frozen Shoulder
- Golfer's Elbow
- Groin Injuries including adductor  
tears, Gilmore's Groin and  
Osteitis Pubis
- Growth Related Injuries
- Hamstring Injuries
- Headaches
- Hip Replacement Rehabilitation
- Knee Replacement Rehabilitation
- Manipulation & Mobilisation
- Neck Pain & Stiffness
- Postural Assessments
- Rehabilitation Programmes  
Post-Op
- Repetitive Strain Injuries
- Rotator Cuff Injuries (shoulder)
- Sacroiliac Joint Problems Sciatica
- Scoliosis
- Shin Splints
- Sports Training Programmes
- Hand Injuries
- Tennis Elbow
- Whiplash Injuries

## PHYSIOTHERAPY FEES

Initial Assessment	€60.00
Ongoing treatment	€50.00



Our objective at Charter Medical is to ensure that, as a patient, you will receive excellent medical care and attention in a professional and timely manner.



**BUSES FROM THE CITY CENTRE:** 90 (Aston Quay), 25, 25A, 66, 67 (Wellington Quay)  
**Underground Car Parking Available** (ask the Reception for details)



**LUAS – RED LINE**

The Luas stop at Smithfield serves Connolly & Heuston Stations, St. James Hospital and Tallaght. Underground Parking available.



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