

# COMMON CONDITIONS TREATED

A background image showing a physiotherapist's hands performing a massage or manual therapy on a patient's leg. The image is faded and serves as a backdrop for the text.

Physiotherapy helps people of all ages reduce pain, **restore movement** for **renewing life** and improve function. Below are some of the most common conditions treated.

## **Back & Neck Pain**

From sudden flare-ups to long-term problems, physiotherapy can reduce pain, improve posture, and restore movement.

## **Joint & Muscle Pain**

Including shoulder, hip, knee, ankle, elbow, and wrist problems, as well as arthritis and stiffness.

## **Sports & Exercise Injuries**

Muscle strains, ligament injuries, tendon pain, running injuries, and overuse problems – with a focus on safe return to activity and injury prevention.

## **Post-Surgery & Injury Rehabilitation**

Support before and after surgery, fractures, or orthopaedic procedures to help you recover strength, confidence, and function.

## **Mobility, Balance & Falls Prevention**

Improving strength, balance, and confidence for everyday activities, particularly helpful for older adults.

## **Chronic & Persistent Pain**

Helping you understand your pain, move with confidence, and regain control through active, evidence-based care.

## **Nerve Pain**

Including balance issues, and nerve-related pain such as sciatica.