



Hallamshire
PHYSIOTHERAPY



***Sheffield's leading specialist
physiotherapy clinic***

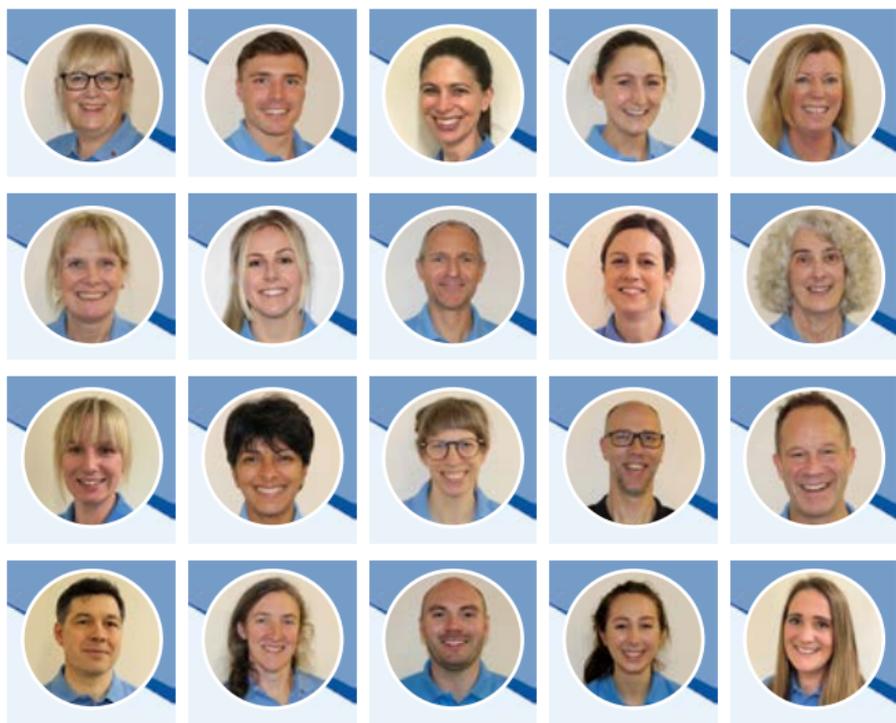
Welcome to Hallamshire Physiotherapy Clinic in Sheffield



We believe in giving you high-quality 'specialist' treatments you can trust. We will listen, we won't rush you, we aim to get to the root cause of the problem, and we certainly won't ask you to come for unnecessary treatment sessions.

As Sheffield's leading 'specialist' physiotherapy clinic you will be welcomed, assessed, and treated by one of our highly skilled and approachable therapists, each extremely knowledgeable, fully qualified and many who also treat patients at NHS hospitals.

You can be confident with Hallamshire Physiotherapy Clinic. Our outstanding reputation speaks for itself.



**To book an appointment with one of
our specialist therapists, call
0114 267 1223**

info@hallamshirephysiotherapy.com

MUSCULOSKELETAL



Is pain affecting your life? All people at some stage experience pain and this results in us modifying activities, but most problems resolve within a short period of time. What do you do when pain and loss of function continues? This is where a visit to the Hallamshire Physiotherapy clinic is necessary.

We specialise in problems that don't get better, providing high-quality 'specialist' treatments to get you back to full activity as soon as possible. We apply best research for all our treatments, with staff engaging in regular training to keep up-to-date with the latest evidence. Whilst we do provide hands-on treatment, usually combined with an individualised exercise programme, we will not subject you with passive treatments (electro therapy, acupuncture and manipulation) that show no long-term benefit for chronic problems.

At Hallamshire Physiotherapy our 'specialist' therapists will explain why you have a problem, what you can do about it and how you can start regaining your life again.

Some of the conditions we treat include:

- Back Pain and Sciatica
- Osteoarthritis
- Muscle and Tendon Pains
- Joint Pains
- Whiplash or other RTC Injuries
- Sporting Injuries

High-quality specialist treatments

NEUROLOGICAL

Neurological conditions and injuries can be devastating to both the person and their families and returning to an independent lifestyle and maximising recovery is key to physiotherapy in this field.

The Neuro team at Hallamshire Physiotherapy Clinic, led by Karen Hodgson, are highly skilled and specialists in treating a range of neurological conditions. If you or a family member require neurological rehabilitation, please contact us and we can discuss a suitable rehab programme for you.

At Hallamshire Physiotherapy our 'specialist' therapists will listen to you, we won't rush you, we will take time to get to know you and provide treatment for you at a speed that is comfortable and manageable. We are focussed on self-management and help to provide specific tailored exercise programmes for you both individually or in a group setting. Your specific goals will be reviewed regularly to ensure your progress.

Some of the conditions we treat include:

- Strokes
- Multiple Sclerosis (MS)
- Traumatic Brain Injury (TBI)
- Parkinsons Disease
- Spinal Cord injury
- Motor Neurone Disease
- Guillain Barre Syndrome
- Ataxia Rehabilitation



Highly skilled and approachable therapists

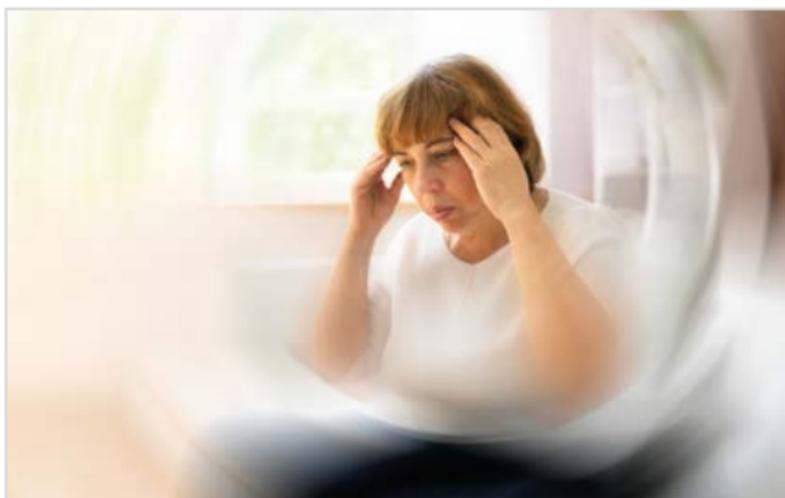
BALANCE / VESTIBULAR

Dizziness is one of the most common reasons people visit their GP: Vestibular/Balance rehabilitation can improve these symptoms.

There are many pathologies that result in people experiencing dizziness, vertigo or a sense of being off balance. Balance is maintained by our visual, vestibular (inner ear) and sensory systems (proprioception) working together. If one of these systems is not working optimally then we tend to lose our balance and experience vertigo or dizziness.

At Hallamshire Physiotherapy, Sheffield's leading 'specialist' physiotherapy clinic, we have a team of experienced, highly skilled and approachable therapists who understand how disabling this condition can be and the extent of the impact on peoples' lives.

Vestibular rehabilitation aims to reduce the sensation of dizziness and improve balance. A full assessment is completed to establish the cause of the symptoms, then a range of treatment/management strategies are suggested.



Some of the conditions we treat include:

- Benign Positional Paroxysmal Vertigo (BPPV)
- Vestibular Neuritis
- Vestibular Hypofunction
- Labrynthitis
- Falls
- Whiplash and Cervicogenic Dizziness
- Meniere's Disease

Treatments you can trust

RESPIRATORY

The 'specialist' therapists at Hallamshire Physiotherapy are highly skilled and approachable in treating, educating and advising patients who have problems with their lungs and their breathing.



The aim of respiratory physiotherapy is to assess your symptoms, understand how they impact on your daily life and then help you to manage your symptoms better so that you can feel more in control of your breathing.

Respiratory physiotherapy is a core specialty within the physiotherapy profession and occupies a key role in the management and treatment of patients with respiratory diseases. It aims to clear the patient's airways and help them return to physical activity and exertion.

As Sheffield's leading 'specialist' physiotherapy clinic, you can trust us to get to the root cause of the problem, efficiently.

Some of the conditions we treat include:

- Airway Clearance Techniques
- Pulmonary Rehabilitation Courses
- Dysfunctional Breathing Patterns
- Vocal Cord Dysfunction
- Hyperventilation Syndrome
- Bronchiectasis Advice and Management
- Breathless Management
- Relaxation

Sheffield's leading specialist clinic

SPORTS INJURY

The human body is amazingly robust and is designed to run, walk, climb and move. However, playing sport can result in the occasional injury. Most improve rapidly with relative rest and gradual return to sport. But what do you do when the same injuries return?



At Hallamshire Physiotherapy, our highly skilled and approachable 'specialist' therapists will get to the root cause of the problem rapidly and efficiently, resolving the pain and allowing you to return to sport quickly.

These are the common sporting injuries we see at the clinic:

- Tendinopathy
- Muscle Strains
- Back Pain
- Plantar Fasciitis
- Cycling Injuries
- Lateral/Medial Elbow Pain
- Ligament Injuries
- Shoulder Instability/Trauma
- Climbing Injuries

Bike and rider set up

We can optimise your position on the bike, help improve performance and reduce the risk of injuries. Balancing how your body works to the demands of cycling is not straight forward and we too often see the effects of incorrect advice and set up.

Sports massage

Mathew Thompson leads the highly skilled and 'specialist' sports massage team at Hallamshire Physiotherapy Clinic to help rehabilitate, maintain, relax and support the development of soft tissue.

ME / CHRONIC FATIGUE



Myalgic Encephalomyelitis and Chronic Fatigue Syndrome (ME/CFS) is a relatively common illness. The physical symptoms can be as disabling as multiple sclerosis, rheumatoid arthritis and other chronic conditions.

ME/CFS involves a complex range of symptoms that includes fatigue, malaise, headaches, sleep disturbance, difficulties with concentration and muscle pain. The pattern and intensity of symptoms vary between people, and during the course of each person's illness. People often have symptoms for many years before ME/CFS is diagnosed. The causes and disease processes of ME/CFS are still not fully understood.

The 'specialist' therapists at Hallamshire Physiotherapy are highly skilled, experienced and approachable in ME/Chronic fatigue rehabilitation and would use research-based evidence to treat you or a family member.

We understand how impactful these conditions can be, not just to you but to your work and relationships with others. Please contact us to discuss suitable treatment.

Using research-based evidence

WOMENS AND MENS HEALTH

Womens' health

At Hallamshire Physiotherapy, our 'specialist' staff have the knowledge, experience and empathy to manage and successfully treat various conditions that women may experience, to empower them to take control of their problems. We offer assessment and management for a range of conditions for women who have gynaecological problems or who have undergone gynaecological surgery as well as for women during or following pregnancy.



Mens' health

At Hallamshire Physiotherapy, we believe physiotherapy can improve the quality of men's lives by helping them learn about and resolve personal problems that are not often spoken about.

We offer assessment and management for a range of conditions specifically located around the pelvis. These can include incontinence, overactive bladder, bowel dysfunction, pelvic pain and erectile or other sexual dysfunction.



Fully qualified and knowledgeable

GET BACKUP

Get BackUP

Spinal Rehabilitation Programme

Get BackUP is a spinal rehabilitation programme run in 4-weekly, 1-hour blocks to help improve your daily activities at home, work and leisure by managing your back pain. This is a supported progressive functional exercise programme and is a recommended approach by national and international guidelines as an effective way of managing Low Back Pain (LBP).

Our 'specialist' spinal physiotherapist (Ruth Newsome) leads the group and is assisted by a technical instructor or physiotherapist to help you to progress your individual programme as well as discuss any problems that may arise.

It is for anyone with back pain who feels it is significantly affecting their life and ability to do their usual activities and would like directed rehabilitation and exercise to increase their confidence in managing their back pain or returning to activity. All sessions are in small groups for personal care.



Benefits of attending the sessions:

- To be better able to manage your symptoms
- To enable you to continue to exercise independently with confidence

**To book an appointment with one of our specialist therapists, call
0114 267 1223**

Managing your back pain

EXERCISE@863

Exercise @863 is based at our other clinic site, 863 Ecclesall Road, Sheffield and is specifically designed for exercise rehabilitation classes. It is well known that exercise improves not just musculoskeletal health but also cardiovascular and neurological health as well as strengthening the immune system.

Due to the importance of exercise, we have joined forces with the award-winning Community Wellness Services to enhance Sheffield's rehabilitation services. All sessions are run by 'specialist' physiotherapists or trainers.



Classes available are for:

- PD Warrior
- Neurological Pilates
- Multiple Sclerosis
- Stroke
- Parkinson's Disease
- Strength and Conditioning
- Circuit and Balance Classes

PD Warrior

PD Warrior is our 'neuro-active' exercise programme designed specifically for newly diagnosed people with Parkinsons. Medication helps with symptom relief and general exercise programs will keep you healthy, but neither of them slow the progression of your disease. The recent evidence demonstrates that the right kind of exercise programme is the only way to modify the course of your disease.

Karen Hodgson leads the highly skilled and specialist PD Warrior classes at Hallamshire Physiotherapy Clinic. If you are interested in joining a class, please contact us and we can arrange a suitable day and time for you to join us.

Specialist exercise programmes



Hallamshire PHYSIOTHERAPY

Opening Times

Monday to Thursday
8.00am – 8.00pm.

Friday
8.00am – 6.00pm.

Treatment Times

Assessment times:
60 minutes.

Follow-up treatment:
30 to 45 minutes.
(60 minutes for neurological conditions)

Online advice and home visits by arrangement

FREE PARKING

**To book an appointment with one of
our specialist therapists, call**

0114 267 1223

or email info@hallamshirephysiotherapy.com

- 2 Newbould Lane, Broomhill, Sheffield S10 2PL
- 863 Ecclesall Road, Sheffield S11 8TJ



www.hallamshirephysiotherapy.com