

What is: Nutritional Therapy?

Your nutritional status can impact on your health and fitness. Clinical Nutrition is a means of achieving optimum health and well being using nutrient manipulation through diet and supplementation. I can give you advice on nutritional needs in your chosen sport.

Nutritional Therapy could be supportive in physiotherapy treatment of

- Repetitive Strain Injury
- Sports Injury
- Osteoarthritis, Arthritis
- Fatigue
- Immunity

WHAT TO EXPECT ON YOUR FIRST TREATMENT

I will take a history of your condition together with any relevant past medical history, followed by a physical assessment to determine the clinical diagnosis of your problem.

I will discuss a proposed treatment plan with you, followed with a short treatment on the first visit.

Initial assessment	£35
Subsequent treatment/ Sports Massage	£30
Cyclist discount	15%

If you are unsure as to whether you might benefit from physiotherapy please ring or e-mail

Irene Rickett for advice on:

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email:

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PHYSIOTHERAPY, SPORTS and NATURAL HEALTH

MRS IRENE C RICKETTS
BSc MCSP
Chartered Physiotherapist
MBANT Nutritional Therapist



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QUALIFICATIONS

I am registered with the Health Professions Council (HPC) and a member of the chartered Society of Physiotherapy (MCSP).

I am a member of the British Association of Nutritional Therapy (BANT).

This means that I am governed by a professional code of conduct and all my treatment is covered by professional liability insurance.

PHYSIOTHERAPY TREATMENTS

INCLUDING:

- Manipulation/Mobilisation
- Massage
- Sports massage
- Acupressure Massage
- Advice
- Personal Exercise Programmes
- Educate patients on the use of walking sticks and crutches
- Pilates
- Lymphatic drainage

I am trained in **MAITLAND**, (manipulative therapy) and relating history, symptoms and signs I use fine oscillatory techniques for treatment of:

- Joints, including tennis and golfers elbow.
- Back and neck pain and dysfunction, including sciatica
- Frozen shoulder
- Injury, pain, swelling, stiffness
- Postural problems

In combination with muscle imbalance and Pilates, the Maitland technique is excellent in the treatment of:

- Whiplash
- Postpartum Pelvic Instability
- Back/ Neck/ Shoulder instability.

I am trained in **Sports Physiotherapy, health care and fitness**. I can evaluate sports related conditions and identify the source of your discomfort or dysfunction, relating to the specific sport. I provide a tailor-made programme of exercises for treatment and prevention.

Post-operative and post-traumatic disorders, fractures and trauma can also be assessed.

PRE & POST OPERATIVE REHABILITATION

- Scar tissue treatment
- A.C.L. reconstruction
- Pre & post arthroscopy
- Joint replacements

After hip replacement the main aim is to regain hip stability and improve posture in order to prevent degeneration of the new joint and the back.

After knee replacement the main aim of treatment is the improvement of mobility in order to improve knee function.

Lymphatic drainage is beneficial in the rehabilitation process or prevention of complications. By stimulating the lymphatic system through Manual Lymphatic Drainage, it works more efficiently; boosts the immune system, eliminates toxins and increases metabolism, reducing swelling and pain.