

Holistic Therapies

Therapeutic Massage
Aromatherapy Massage
Massage in Pregnancy
Seated Acupressure Massage
Indian Head Massage
Reflexology

The additional therapies offered at Body Logic Physiotherapy compliment the work undertaken within the practice. They encourage relaxation of the mind and body. When this relaxed state is achieved healing is facilitated on all levels.

For more information on any of the holistic therapies please contact Body Logic on 020 8898 1231.

Body Logic Practitioners

Steven Creen

BPhty MCSP SRP

Graduating in Australia in 1990, Steve has worked in both the private and public sectors in Australia and the UK with acute and sports-related injuries, chronic pain management and aged care.

Steve has specialised in sports and musculo-skeletal therapy completing additional studies in sports, muscle imbalance, muscle energy techniques and manipulation.

Stephen Willis

MSc DipPhysEd MCSP SRP

After a long and distinguished career serving within the Royal Marines, Commandoes and Airborne Forces, Stephen went on to graduate with his BSc Honors degree in 1995, followed by his MSc in Rehabilitation in 2000.

With a special interest in sport-related injuries, Stephen worked with elite athletes as a key member of the medical team at the 2002 Commonwealth Games.

Chartered & State Registered

Member of OCPPP

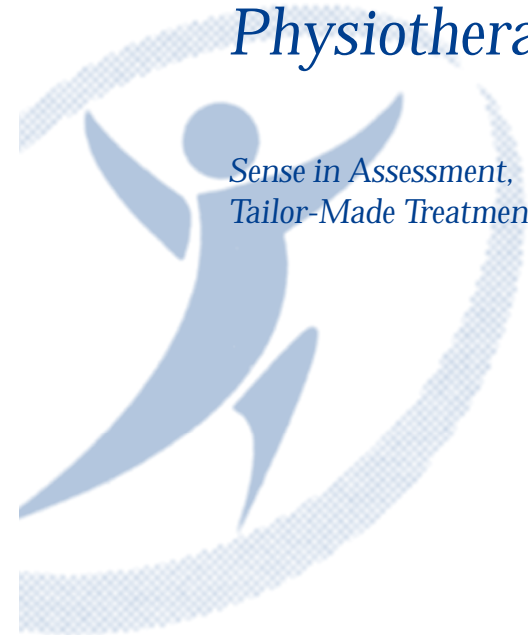
Registered with all major health insurers (incl. BUPA & PPP)

Experienced sports & manual therapy clinicians

Purpose-built treatment rooms

Body Logic Physiotherapy

*Sense in Assessment,
Tailor-Made Treatment*



8 Staines Road Twickenham TW2 5AH

T. 020 8898 1231

www.bodylogicphysio.com
info@bodylogicphysio.co.uk



8 Staines Road Twickenham TW2 5AH

T. 020 8898 1231

www.bodylogicphysio.com
info@bodylogicphysio.co.uk

Physiotherapy is commonly used in the treatment and management of injuries to decrease pain and increase healing rates, mobility and function.

A wide range of conditions can be helped with this treatment:

- Headaches, neck, back and joint pain
- Arthritis, rheumatic disorders and swelling
- Ligament and tendon strains and ruptures
- Postural and repetitive strain injuries
- Muscle imbalance problems
- Pain syndromes
- Sports injuries

Chartered Physiotherapists use a variety of methods for the treatment of conditions:

- Manipulation of joints
- Mobilisation of joints and soft tissues
- Stretching techniques
- Muscle energy techniques
- Electrotherapy and ultrasound
- Acupuncture
- Exercise prescription
- Graduated rehabilitation programs

Physiotherapy

The science of assessing and treating movement dysfunction. Through observation, movement analysis and specific testing of body structures, the physiotherapist can assess the problem, arrive at a diagnosis and develop an appropriate treatment plan.

Most people seek physiotherapy for the treatment of pain, rehabilitation from an injury, surgery, or as a preventative measure.

Sports Physiotherapy

A specialist area that requires in-depth knowledge of the stresses certain sports place on body structures.

Injuries specific to particular sports need careful management to prevent recurrence. This extends to analysing the particular body type and unique characteristics of each athlete.

We are sportsmen and women ourselves and have extensive first-hand experience in pre-season assessments and the treatment and rehabilitation of sports injuries, from the field, to the treatment rooms, and back to the field!

Sports we have experience with include rugby, football, hockey, distance running, gaelic football, athletics, gymnastics, dancing, acrobatics, swimming, weight lifting, fencing, canoeing and rowing.

Services provided include:

- Pre-season assessments
- Intensive injury management
- Pre, post and 'onfield' services
- Sports Massage

What Happens in a Treatment?

• Initial "interview" is carried out to draw all the vital information from the patient – there are often clues to the puzzle that may not be obvious to the individual, but to the physiotherapist these facts help direct the examination to a logical conclusion.

• Observation of posture and position of the spine and limbs. This gives a global view, integrating one body area with another – sometimes pain can arise from an area that is stressed because of problems in another area.

• Observation of active movements for the range and quality of movement and to assess whether any pain is reproduced.

• Examination of joint movement and the quality of tissues in the area by feel. This may include special tests to determine the integrity of ligaments, the strength and function of muscles and the mobility of nerves within the body.

• The integration of the above assessment techniques will lead to a provisional diagnosis on which a treatment plan is developed which can take several different forms:

• Recent injuries require support, reduction of inflammation and stimulation of healing, followed by graduated rehabilitation.

• Medium to long-term problems usually require mobilisation of joint and soft tissue restrictions, followed by exercises and stretches to maintain the improvements.