

Opening times

Monday – Thursday
Friday

8.30am – 7pm
8.30am – 5.30pm

Payment

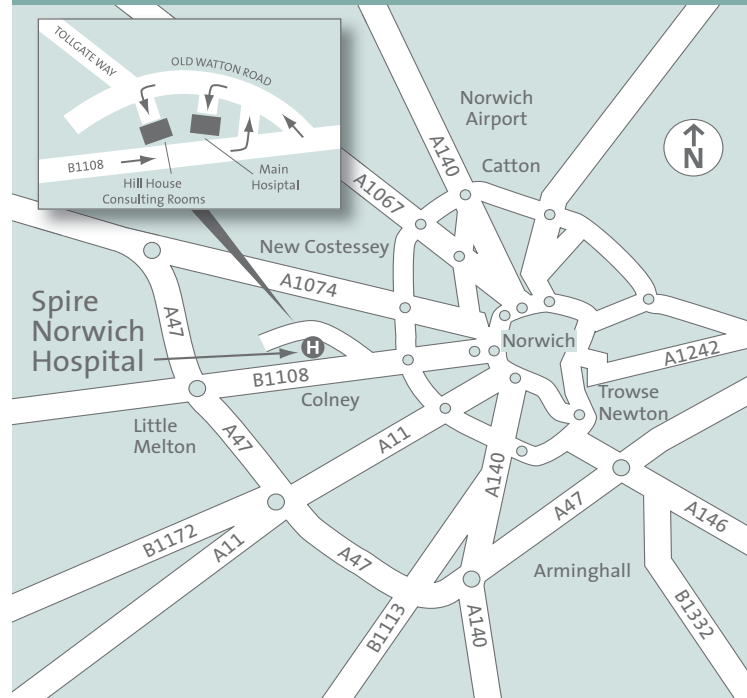
The Back and Neck Clinic is open to all, not just those with private medical insurance. If you are not insured, please contact our physiotherapy department on **01603 255 587** and we will be happy to advise you of the cost for your treatment.

We can accept payment by debit or credit card, cheque or cash. We work with all major medical insurance providers and those wishing to claim should confirm that their treatment and the number of sessions are pre-authorised.

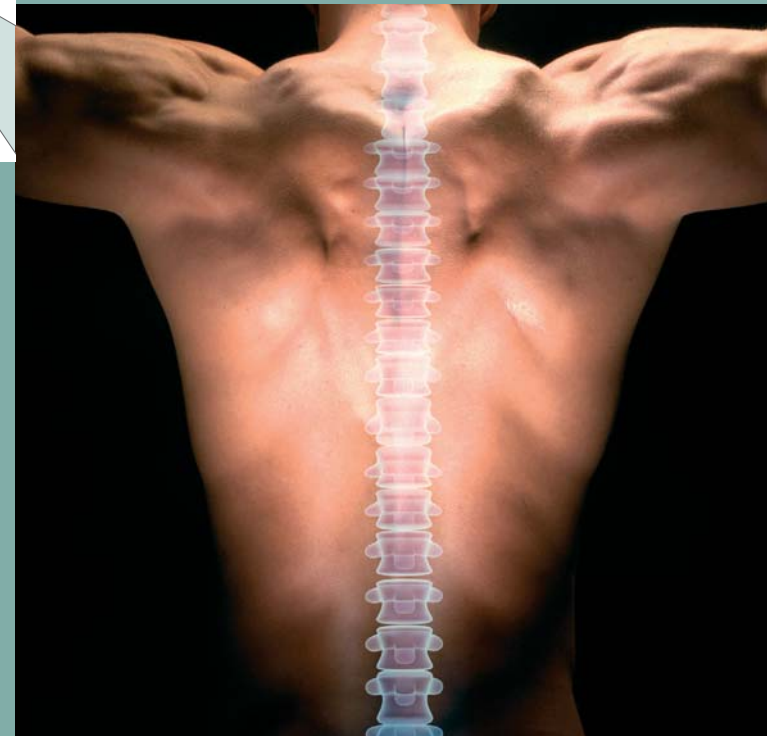
Making an appointment

Patients may contact the clinic directly or be referred by a consultant or GP. To make an appointment call **01603 255 587**

How to find us



Back and Neck Clinic
Active spine care for active people



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For more detailed directions to the hospital please visit
www.spirehealthcare.com/norwich



Spire Norwich Hospital
Old Watton Road
Colney
Norwich
NR4 7TD

www.spirehealthcare.com/norwich

Sufferers of long-standing back or neck pain will know only too well the vicious circle of pain which can lead to inactivity, further spinal deterioration and yet more pain.

At Spire Norwich Hospital's Back and Neck Clinic we aim to break this circle through programmes using up-to-date treatment techniques delivered by our specialist physiotherapists. The clinic provides:

- a walk-in service or next day appointment
- private consultation rooms with personalised care
- rapid assessment, diagnosis and treatment
- no waiting lists
- no GP referral required
- treatment for all, insured or not

Personalised treatment

Your first step is to visit the Back and Neck Clinic for a consultation conducted by a chartered physiotherapist. Because everyone is an individual – treatment is planned and tailored to address your specific condition – we pride ourselves on treating our patients, not just their symptoms.



At Spire Norwich Hospital we understand that back and neck pain can be debilitating. If left untreated, a simple one-off pain can develop into a condition that can affect your quality of life in the future.

Assessment and treatment

Our aim is to relieve your pain, promote relaxation, restore movement, increase general fitness and strengthen the muscles that support your spine. Treatments can include manual techniques, guided use of our gym for exercises and core stability programmes. Lifting and postural advice with long-term back care education and acupuncture are also available.

Early intervention can help to achieve a quick recovery enabling you to return to your normal level of fitness. We also help in a gradual return to work, advising on the dos and don'ts for long-term benefit.

- At your first appointment a detailed history will be taken, followed by a thorough assessment of your condition. This will help us establish your baseline function from which we can measure your improvement.
- You will receive expert advice and treatment and we will provide you with a personal recovery programme tailored to your needs.
- Our physiotherapists can also refer you to a consultant and can arrange access, when necessary, to our diagnostic facilities including X-ray, CT and MRI scanning and blood tests.
- Your physiotherapist can liaise with your GP and provide them with a detailed discharge summary at the end of your treatment.

As treatment progresses the physiotherapist will recommend appropriate exercises to do at home and will provide guidance to help you with these. The ultimate aim of the treatment is to incorporate active spine care principles into daily life.



Symptoms we can help with:

- pain or aching anywhere along your spine
- pain, tingling, weakness or numbness in your leg or arm
- muscle spasm, muscles tightening of their own accord
- difficulty in moving from one position to another
- stiffness in your neck or lower back
- difficulty in standing up straight
- headaches

Conditions treated include:

- mechanical low back pain
- postural problems
- disc problems
- poor core stability
- sciatica
- whiplash
- injury or overuse