

### Conditions treated include

- Arthritis
- Chronic pain
- Foot and ankle pain
- Fractures
- Frozen shoulder
- Headaches
- Hydrotherapy
- Incontinence
- Ligament sprains
- Muscle strains and tears
- Neck and back pain
- Osteoporosis
- Post-operative conditions following arthroscopy/reconstructive surgery/joint replacement
- Repetitive strain injuries
- Sports injuries
- Tendonitis
- Tennis elbow
- Upper limb injuries
- Vertigo
- Women's health problems:
  - continence: stress/urge/frequency
  - post-operative following breast surgery

### Opening times

Our physiotherapy department is open six days a week:

<b>Monday to Wednesday</b>	<b>8am – 7pm</b>
<b>Thursday and Friday</b>	<b>8am – 5pm</b>
<b>Saturday</b>	<b>Call to check availability</b>

Our in-patient treatment service is available seven days a week.

### Making an appointment

Spire Healthcare hospitals are open to all, not just those with private medical insurance. Patients may contact the physiotherapy department directly, or be referred by their consultant or GP with an accompanying letter.

To make an appointment, please call **029 2054 2745**

### Payment

If you are insured, we work with all major medical insurance providers – most schemes now include physiotherapy cover as part of an out-patient allowance.

### How to find us



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For more detailed directions to the hospital, please visit [www.spirehealthcare.com/cardiff](http://www.spirehealthcare.com/cardiff)



Croescadarn Road  
Pentwyn  
Cardiff  
CF23 8XL

[www.spirehealthcare.com/cardiff](http://www.spirehealthcare.com/cardiff)



### Physiotherapy and Sports Injury Treatment

The range of services we offer to help you get back to fitness as quickly as possible.



### Our physiotherapy services

Spire Cardiff Hospital provides an integrated range of modern health care services, offering you high standards of care and attention. This is reflected in the expertise and treatment provided by our physiotherapy department.

With a team of chartered and state registered physiotherapists, the department is able to offer a wide range of clinical expertise including:

- back and neck care
- bladder management
- pain management
- post-operative fracture rehabilitation
- sports injury

### Personalised treatment

The department works closely with consultants and GPs to ensure that you receive a highly focused course of treatment and care tailored to your individual needs. We place a high priority on the accurate assessment and diagnosis of your condition.

Our aim is to enable you to return to normal fitness as soon as possible.



### Quality service

- At Spire Cardiff Hospital we always endeavour to offer prompt and convenient appointments and provide the choice of male or female physiotherapist, if you request
- At your first appointment, a detailed history will be taken, followed by a thorough assessment of your condition
- You will receive expert advice and treatment and we will provide you with a personal recovery programme tailored to your needs
- Our physiotherapists will liaise with your GP and provide them with a detailed discharge summary at the end of your treatment
- Our physiotherapists can also refer you to a consultant who can arrange access, when necessary, to our diagnostic facilities including X-ray, CT and MRI scanning

### Sports injury treatment

At Spire Cardiff Hospital we offer a highly specialised service to individuals at all levels of recreational and professional sports. We regularly treat athletes of all abilities and ages and are experienced in treating injuries from a variety of disciplines such as athletics, running, football, rugby and racquet sports.

Our physiotherapists work with a variety of medical professionals including surgeons, physicians and podiatrists who specialise in treating sports injuries. Many consultants also have a special interest in sporting injuries and sub-specialise in particular areas such as the knee, shoulder, back, hip and foot.

### Muscle and joint conditions

The chartered physiotherapists at Spire Cardiff Hospital are highly experienced in treating all muscle and joint conditions, whether they follow a recent injury or are a long-term problem. They also have the skills to decide whether a further investigation is required, and will discuss this with your GP, with your consent.

The earlier you request an assessment for an injury, and receive appropriate treatment, the faster we will be able to help you resume your normal and sporting activities.

### Our services include

- Individual assessment and diagnosis
- Development of a personal treatment plan using up-to-date techniques, such as:
  - manipulation and mobilisation
  - personalised exercise programmes
  - active spine care within our specialist back and neck clinic
- Advice on:
  - acupuncture
  - balance re-education
  - injury prevention methods
  - core stability
  - muscle strength
  - sports specific rehabilitation exercises
  - stretching techniques
- Up-to-date gymnasium, with:
  - multi-gym stations
  - isokinetic unit (provides valuable information for assessment and treatment, especially following surgery or injury)
  - gait analysis equipment