



Physiotherapy



We will work with you to:



Get the right shoes, boots, and splints.



Help you with you mobility



Get the right mobility aids.



Help you sit comfortably in chairs and wheelchairs.



Support you to go swimming and with hydrotherapy



Help you to keep comfortable using postural management



Help you to lead a healthier lifestyle (using the gym, swimming pool, walking groups)



Teach people how to support you



Sometimes we will do this ourselves.
Sometimes we work with other physiotherapists.

