

Home based therapy sessions, face-to-face or by video call

Rehab Physio London are a team of highly skilled therapists who provide bespoke home-based rehabilitation programmes designed to encourage patients to achieve their rehabilitation potential and promote independence.

Our orthopaedic/musculoskeletal service includes:

- Post fracture
- Pre and post elective surgery
- Osteoarthritis
- Pain management
- Soft tissue injuries
- Osteoporosis
- Other surgical procedures

PreRehab

Carrying out a targeted exercise program in the weeks leading up to your surgery, can improve your functional outcome following your procedure.

Our therapists can help you prepare for surgery by optimising your strength and conditioning in the weeks leading up to your operation; increasing your chances of a prompt recovery and reducing your time in hospital.

What our patients say...

“ I was apprehensive about video therapy, but Harriet was so good. She immediately made me feel that she was expert in her field - thorough assessment and appropriate exercises as a result. She then gave advice how to manage my condition. Excellent. ”

Mrs S. (London)

“ The quality of my therapy was



Mr C. (Surrey)

“ I would like to thank all the team for everything they have done for us and always so helpful with organising dates and any needs we have and they are all very lovely to work with. ”

Mr F. (London)

“ If it wasn't for the rehab I received before and after my operation with the guys and girls at RPL, I'm really not sure I'd be back in action so soon. I'm going skiing next month! ”

Mr W. (London)



REHABPHYSIO
London –

Pre & Post Surgery

Feel Better, Move Better, Be Better

What does an assessment involve?

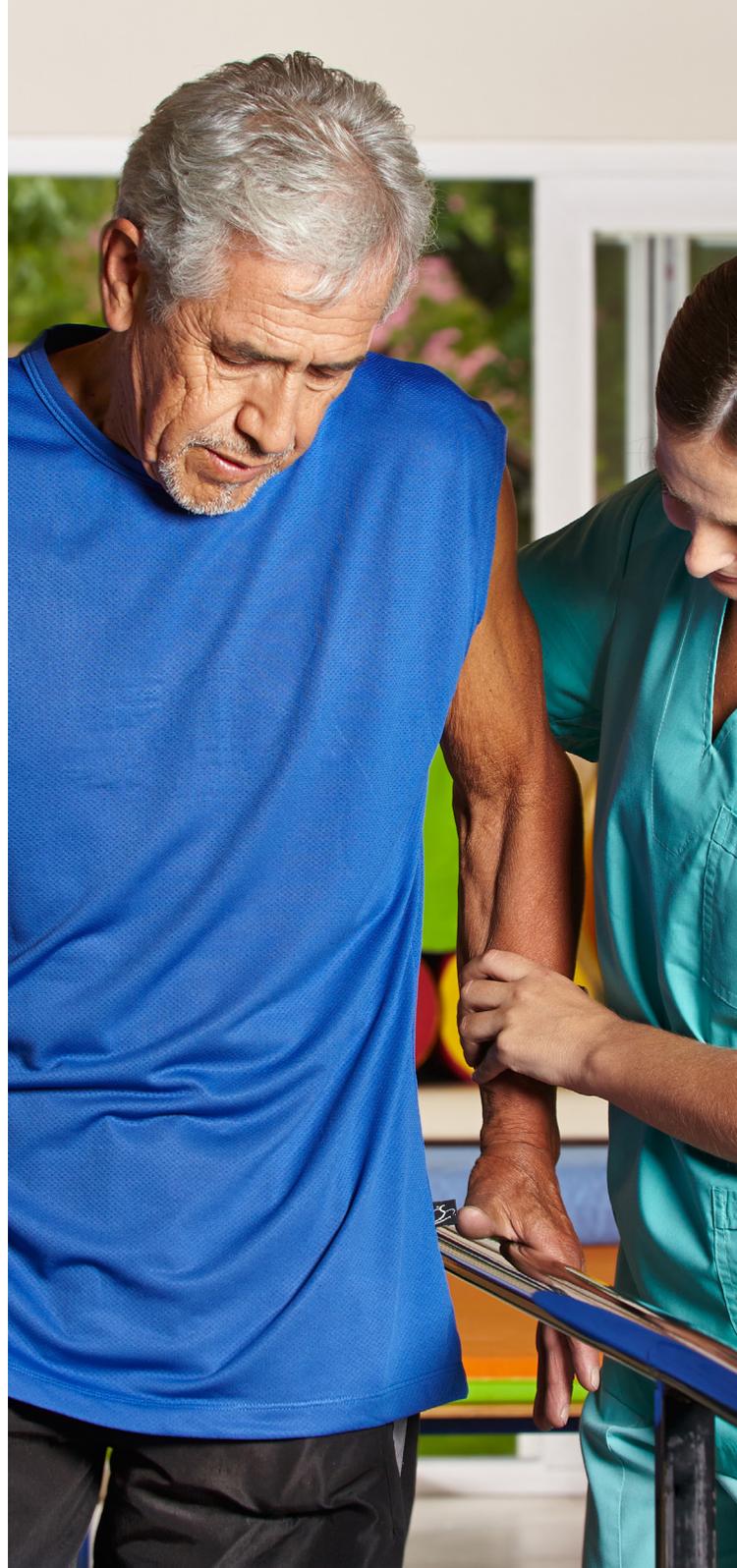
The initial assessment will take place in your home. The nature of your assessment will depend upon your symptoms and may include evaluating your joint range of motion, muscle strength and mobility.

Following your assessment our therapist will discuss their findings with you, in relation to your condition and how these impact on your quality of life. A treatment plan and appropriate goals will then be agreed together.

What will treatment include?

Depending on your individual needs, treatment can include:

- Hands on treatments
- Tailored home exercise programme
- Mobility practice
- Gait re-education
- Balance retraining
- Advice and education for self management
- Soft tissue massage
- Scar tissue treatment



Find out more

We offer a free telephone consultation. This is where we have a chance to ask you some basic questions about your surgery, discharge home, medication and level of mobility.

We can discuss a schedule for potential appointments and services which would be beneficial to your recovery.

Post operative rehabilitation packages may include the following service:

- Physiotherapy
- Occupational Therapy
- Clinical Massage Therapy
- 'Game Ready' 2 week rental

Contact Us

Call today for your **FREE** telephone consultation on:

0203 581 9336

Alternatively please visit our website at:

www.rehabphysiolondon.com

or email us at:

hello@rehabphysiolondon.com