



OLDER PEOPLE PHYSIOTHERAPY SERVICES

Caring for our older population

ABOUT US

Physiotherapy Matters Ltd. have been providing Older People Physiotherapy Services since 2006.

We have a team dedicated to supporting older adults or those with long term conditions. We work both within our private clinics and in the community, travelling around Newcastle and the North East to visit patients in their place of residence, whether this is at home or in a care or residential home.

As we age our rehabilitation needs become more complex so we are more likely to have additional health or mobility needs that must be considered alongside physiotherapy treatment. Our experienced clinicians will take this into consideration and provide a holistic treatment plan to achieve optimal results.





OUR ETHOS

While physiotherapy cannot stop the ageing process, it can help to reduce the impact that it has on the lives of our older population. At Physiotherapy Matters Ltd, we strongly believe that health and wellbeing is not achieved with a 'fighting fires' approach, but instead can only be achieved using a proactive, preventative, and collaborative approach.

Using a proactive approach to older people care is just one of the ways that Physiotherapy Matters Ltd is leading in the physiotherapy market and making a difference to people's lives. We implement the best practices and most up-to-date research and evidence in the industry to ensure that we deliver the highest quality care possible to all our patients.

PHYSIOTHERAPY FOR OLDER PEOPLE

Physiotherapy Matters have a dedicated Physiotherapy team committed to providing our mature patients with expert services tailored to suit your needs.

Your physiotherapist will ask questions about your problem, other medical conditions and medication to come up with a comprehensive treatment plan.

Assessments will vary depending on your needs, but may include:

- Joint range of movement
- Muscle strength
- Posture • Balance
- Functional activities
- Walking

"Nursing home advised physio would help with my health as well as exercise classes. I had poor mobility and very swollen legs which have now completely gone due to the physiotherapy I have received. I couldn't walk well and was in a large amount of pain all the time. My walking has improved, I now walk with my son without using my walker and just link his arm out and about in town. My family has noticed a big change and are very happy with the progress."

Doreen Walker, Patient



PHYSIOTHERAPY IN CLINIC

For those suffering with musculoskeletal problems, including back pain, joint pain or muscular injuries and attending clinics isn't a problem, you can visit our team in one of our private clinics for the assessment and treatment of your condition.

Services offered by your physiotherapist might include:

- One-to-one assessment and treatment
- Manual therapy
- Massage
- One-to-one gym sessions
- Exercise classes
- Injections
- Acupuncture

PHYSIOTHERAPY WHERE YOU ARE

Physiotherapy in the comfort of your own home or even nursing or residential home is a great option for those with mobility issues or who struggle with transport.

Your physiotherapist will bring all the rehabilitation and diagnostic equipment that is required to ensure you receive the same quality service as if you were to visit our clinics but focused

Common conditions for which our older people physiotherapy team would suggest a home visit include:

- Early post-operative rehabilitation
- Falls prevention
- Poor or declining mobility
- Anyone who finds it difficult leaving the house





STRENGTH AND BALANCE

As we grow older it becomes increasingly important to keep active and maintain fitness and health. As part of the normal ageing process we begin to lose muscle strength and flexibility, which can lead to a loss of mobility, confidence and often an increased risk of falls.

Incorporating a combination of moderate cardio, strength and balance exercises into a daily routine can help prevent falls for older people, improve walking, increase muscle strength and generally enhance quality of life.

Your physiotherapist will incorporate some of the following into your programme:

- Activities to increase your breathing and heart rate
- Strength exercises to make your muscles stronger
- Balance exercises to help prevent falls
- Flexibility exercises to help you stay limber.



COMMON CONDITIONS TREATED AT PHYSIOTHERAPY MATTERS LTD

Whether you are someone wanting to embark on a new fitness regime or someone recovering from post-operative procedures, our specialists will guide you through your treatment to ensure you achieve optimum results.

Our older people physiotherapy services can include:

- Arthritis
- Joint replacements
 - Parkinson's Disease
 - Osteoporosis
- Fractures
- Stroke
- Falls

CONTACT US

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