

Older People Services



What is Older People Physiotherapy?

With advancements in healthcare and an increase in knowledge, the UK's aging population is growing more and more. Consequently, there is an increasing need for healthcare services, specifically for older people with long-term conditions. While someone over the age of 65 is generally considered elderly, biological aging can vary from person to person.

This calls for specialized care, especially for common conditions that affect older people, such as arthritis, frailty, falls risks, reduced mobility, and injuries following a fall.

At Physiotherapy Matters, we have a dedicated Older People Physiotherapy team that provides expert services tailored to meet your individual needs.

Whether you're looking to start a new fitness regime or recovering from post-operative procedures, or need some support with your mobility, our specialists will guide you to achieve your goals.

Our friendly team of physiotherapists can offer a range of services and treatments to help treat various conditions.

Our Services:

- Home Visits
- Care home visits and mobility Assessment
- In Clinic mobility assessments
- Falls Risk assessment
- 1:1 Assessment and treatment
- Manual Therapy
- Massage
- 1:1 Gym Based Exercise Class
- Group based exercises Classes
- Acupuncture
- Injections

Physiotherapy can help treat conditions such as:

- Arthritis
- Fibromyalgia
- Post a joint replacement
- Parkinson's Disease
- Stroke
- Generally deconditioning
- Falls and reduce mobility
- Frailty
- Musculoskeletal injuries



...More about our services



Home Visits

Home physiotherapy visits provide you with the convenience of us coming to you and can be particularly useful for those with difficulty walking or for people that struggle with transport. The therapist will bring all the rehabilitation and diagnostic equipment that is required to ensure you receive the exact same service as if you were to visit it one of our clinics. 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

Care Home Visits

Our specialist care home physiotherapists can attend any nursing or residential home within the North East.

They will work with care staff to ensure you receive the very best advice regarding mobility. Our older people physiotherapy services within nursing and residential homes can include:

- Group exercise classes
- New resident assessments
- Resident mobility care planning
- Falls risk assessment
- Mobility and walking aid assessment
- 1:1 treatment / exercise sessions

Our clinics

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

Our administration team will provide you with an appointment time that is suitable for you. The appointment will include a comprehensive assessment of your needs and the physiotherapist will communicate clearly with you and establish appropriate goals for any treatment. Our advice will be supported using clear photos and videos to ensure you can get the most out of your physiotherapy. Our clinics are located in Gosforth and Darras Hall and open weekdays, evenings and Saturdays to allow us to offer appointments at your convenience.



☎ **0191 285 8701**

Gosforth: Arden House, Regent Centre, Gosforth, NE3 3LU

Darras Hall: Broadway, Darras Hall, Ponteland, Northumberland, NE20 9PW

🌐 www.physiotherapymatters.co.uk ✉ info@physiotherapymatters.co.uk