



Established in 1986, we are one of central London's largest independent private physiotherapy practices. Our range of physiotherapy services at Portland Physio include pre and post-operative physiotherapy, sports injury management, gait and running analysis, spinal rehabilitation and Clinical Pilates.

## Physiotherapy

Physiotherapy is a science-based and natural medical treatment. The aim of physiotherapy is to reduce the symptoms of the injured site or problem area in order to return to normal function.

Under the care of a physiotherapist, your problem will first be assessed and diagnosed.

Your treatment will be carefully planned and will encompass a combination of manual therapy, movement training and electrical equipment/ electrotherapy in order to achieve optimal recovery.

Our team of physiotherapists can provide pain relief from orthopaedic or musculo-skeletal complaints. Examples include:

- Sports Injuries.
- Reconstructive orthopaedic surgery.
- Acute or chronic joint pain.
- Postural dysfunction.
- Back or neck pain.
- Knee and foot surgery.
- Joint stiffness or poor mobility.
- Arthritis.
- Joint replacements.
- Old recurrent injuries.
- Work-related injuries.

### more info on following pages...

- ◆ Pre/post operative physiotherapy treatments for orthopaedic surgery
- ◆ Sports Injury Management
- ◆ Gait and running analysis
- ◆ Spinal Rehabilitation
- ◆ Clinical Pilates
- ◆ Sports and Therapeutic Massage



## How to find us

- Pay and Display parking is available at Bedford Square, Malet Street and Store Street.
- NCP car park is situated at the corner of Great Russell Street and Adeline Place.
- Nearest tubes: Goodge Street and Tottenham Court Road
- Buses: No. 7, 10, 24, 29, 73, 134, 390

## Also at St John's Wood

Energie-Personal Fitness  
41 Mackennal Street  
St John's Wood NW8 7DH  
Fax 020 7436 8965  
Tel 020 7436 8960



## Pre/ post operative physiotherapy treatments for orthopaedic surgery

At Portland Physio, we have a specialist interest in orthopaedic postoperative care. Since 1986, we have been working alongside London's leading surgeons, primarily managing conditions of the knee and foot/ ankle.

The success of your surgery depends largely on what you do in the post operative stage. Often, if the post operative stage after orthopaedic surgery is not managed carefully with the help of a physiotherapist, you may continue to experience ongoing problems with stiffness, pain, swelling and general lack of confidence with the limb.

As the area may be swollen and somewhat uncomfortable in the early stages, physiotherapy will help you to regain movement, decrease swelling and strengthen the muscles around the joint.

Your physiotherapist will let you know how and when you can return to normal activities including sport. You will be given an exercise program that is specifically designed to guide you back to your pre operative activity.

Your return to normal activity/ sport will depend on the nature of the surgery and the amount of damage that was present.



## Sports Injury Management

Sports physiotherapy is concerned with the early and accurate diagnosis and treatment of musculo-skeletal injuries and also in the prevention of injury. The goal with physiotherapy is to rehabilitate the injury as quickly as possible and ensure your early return to sport.

Your treatment at Portland Physio will include identifying your specific sporting needs and prescribing specific exercise programs designed to guide you back to your pre injury level. We work with individuals ranging from those who are currently inactive and keen to commence sporting activity, to the recreational sports person and the elite athlete.



## Gait and running analysis

Efficient walking and running depends on muscles working correctly and joints moving without undue restrictions. Any joint or muscle dysfunction is likely to cause compensation, which can inevitably lead to ongoing problems. These problems can be both painful and debilitating.

Gait analysis incorporates the use of a video camera and a treadmill to analyse your walking and running to identify inefficiencies in movement. Only by very carefully observing your movement can an accurate diagnosis be achieved. As a result, the subsequent corrective treatment will be more precise and focused.

In assessing your walking and running, your physiotherapist or podiatrist will explain the dysfunction so that you clearly understand where the problem is occurring and what can be done to achieve an optimal movement pattern. This can include addressing your exercise program, footwear and training techniques.

For assessment, please call the practice and make an appointment with either a physiotherapist or podiatrist.



## Spinal Rehabilitation

Physiotherapists are skilled in the assessment, diagnostic decision-making and treatment of patients with both acute and longstanding low back pain.

At Portland Physio, you will first be fully assessed. The treatment approach then employed will encompass not only 'manipulation', but also manual handling with passive examination and treatment techniques, therapeutic exercise and advice on posture and movement disorders. Your treatment may also incorporate Pilates to help build 'core stability' as there is strong evidence to support that specific exercise programs result in reduced disability and decreased incidence of recurrent back pain.

Physiotherapy as a profession has undertaken extensive research into the investigation of back pain. It is conducted according to strict research guidelines and, as such, is subjected to peer review and must gain approval from ethic committees.



## Clinical Pilates

Pilates is a unique body conditioning and postural alignment exercise technique. It was developed by Joseph Pilates over 70 years ago originally to treat performing artists. Today, Clinical Pilates has been developed by physiotherapists as a modification of the original exercise system.

Pilates is appropriate for individuals of all ages and fitness levels. The initial emphasis is on learning how to control the body's deep stabilising muscles, which exist around each joint. With improved "core stability", postural pain can be reduced or eliminated and efficiency of movement maintained.

Sessions are either 30 minutes or one hour in duration. They are conducted individually with the physiotherapist and incorporate a combination of floor work and equipment based exercises depending on specific needs.

At Portland Physio, Clinical Pilates is conducted by Chartered Physiotherapists who possess an extensive knowledge of biomechanics and rehabilitation. All physiotherapy staff at Portland Physio are certified and trained in the Pilates Method.



## Sports and Therapeutic Massage

Massage focuses on treating soft tissues, which have been affected by stress, injury, and illness. Through the use of manual techniques, improvements in circulation, muscular relaxation and pain relief can be obtained. Massage provides a pro-active approach to minimise the risk of injury and accelerate injury healing to provide a more rapid return to activity.

Myotherapist (soft tissue therapist): Heidi Plaisted. Trained in Melbourne, Australia. Qualified as a myotherapist (soft tissue therapist). Specialises in trigger point therapy, myofascial release and deep soft tissue massage. Special interest in treating tight muscles, tendons, ligaments related to injury, work posture or stress.

Session duration: 30 mins or 1 hour.

## Appointments

- For appointments, please call 020 7436 8960. Appointments are available Monday to Friday between 8.00am and 7.00pm.
- Portland Physio is approved by all major medical health insurers including BUPA, PPP and Norwich Union.
- Appointments can be made without a doctor's referral.

## Fees

Physiotherapy	30 minutes	£49.50
Pilates	30 minutes	£49.50
Sports Massage	30 minutes 60 minutes	£35 £60
Foot Factor (Podiatry)	90 minutes	£240 including consultation and materials

## About Us

Chartered physiotherapists are governed by the CSP (Chartered Society of Physiotherapy), which is a professional body that exists to ensure that high standards of practice are maintained.

### Tracy Maunder MMACP, MCSP, SRP

Founder Portland Physio/ Chartered Physiotherapist

Trained at Guy's Hospital, London and is a member of the Manipulation Association of Chartered Physiotherapists. Established Portland Physio 1986 at Devonshire Street W1. Moved to Gower Street WC1 in 2002.

Specialises in treatment and rehabilitation of lower limb pain and dysfunction. Special interest in acute and chronic anterior knee pain problems.

Co-author of Sports Injuries-The Knee CD Rom Published 2000. Frequent speaker at International Knee Conferences. Published in Sports Injury Bulletin, May 2005.

### Cate Streeten DipPhy (Otago) MCSP, SRP

Clinical Manager/ Chartered Physiotherapist

Trained at Otago, New Zealand. Has worked in NZ, USA and has been at Portland Physio since 1996. Is clinical manager and responsible for continued professional development of staff.

Specialises in the total rehabilitation of sports injuries in participants at all levels.

Special interest in lower limb rehab following orthopaedic surgery. Cate has developed a functional and practical approach to adapt the science of physiotherapy to the needs of the individual. Cate has been published in the Sports Injury Bulletin Dec 2004.

### Heidi Plaisted B.Sc (Human Movement) Advanced Dip. Myotherapy

Myotherapist

Heidi Plaisted is a qualified Myotherapist (soft tissue therapist), having completed a 3 year Advanced Diploma from RMIT University in Melbourne, Australia. She specialises in treating myofascial pain, postural imbalances and soft tissue injury.

Heidi has experience working with elite athletes from the Victorian Institute of Sport, from the 2005 World Gymnastics Championships and the 2006 Commonwealth Games.

### Zoe Godfrey Bsc Hons, MCSP

Chartered Physiotherapist

Zoe trained at Manchester University, UK. She has a special interest in sports exercise rehabilitation following surgery, especially of the shoulder, spine and lower limb. Zoe incorporates both acupuncture and clinical Pilates into her treatments. She is an AACP approved acupuncturist and has trained with the Australian Physiotherapy and Pilates Institute (APPI). Zoe is a keen triathlete, skier and windsurfer.

### Eugenie Halkema BSc MCSP

Chartered Physiotherapist

Eugenie Halkema completed her BSc in Physiotherapy at the University of Stellenbosch, SA, in 1998. She has developed a special interest in the treatment of sports and spinal injuries. She uses manual therapy, clinical pilates (APPI), and a functional rehabilitative approach to enable clients to return to full function.

### Paul Vipond Bsc(Hons) MCSP MHPC

Chartered Physiotherapist

Paul qualified from the University of Brighton in 1998. He specialises in treating sports injuries and has worked with Premier League football and semi-professional rugby teams.

He also specialises in the management of spinal conditions and the correction of muscle imbalances and movement dysfunctions using manual therapy, exercise techniques and acupuncture for pain relief.

### Paul Costin Bsc Ost Med

Naturopathic Osteopath

Paul trained at the British College of Osteopathic Medicine in 2005. He specialises in the manual treatment of spine and joint problems. He uses Cranial Osteopathy to treat many conditions that affect babies and children. Paul also has a Music Degree and plays the violin. He has a special interest in treating musicians.

### Shabana Akhtar BA (Hons)

Practice Manager

Shabana completed her BA (Hons) in Health and Social Care at the Manchester Metropolitan University. She deals with facilities, administrative and general account matters relating to the Practice. Shabana also oversees the marketing and promoting of the practice.

### Samantha Channer BA (Hons)

Receptionist/admin assistant

Samantha Channer operates the main reception at the practice. She also assists the Practice Manager with general administrative duties.

### Norbert Cauvas

Founder of Foot Factor / Podiatrist

Norbert Cauvas trained in Lyon, France and has more than 20 years experience. He specialises in custom made orthotics for treating foot and ankle problems. He also analyses gait, posture and biomechanical dysfunction related to leg and spinal problems. Norbert works with professional and amateur sports people especially footballers, runners and skiers.