

TherapyMatters

Specialist Neurological Physiotherapy and Complex
Rehabilitation Clinic

“Maximising your function through excellent therapy”



Call us on 01244 579616
Or email us on info@therapy-matters.co.uk

Specialist Neurological Physiotherapy and Complex Rehabilitation Clinic

‘Maximising your function through excellent therapy’

Conditions we treat:

- Stroke / Hemiplegia / Cerebral Vascular Accident (CVA)
- Head Injury / Brain Injury / Brain Haemorrhage
- After Neuro Surgery
- Multiple Sclerosis (MS)
- Transverse Myelitis
- Spinal Cord Injuries
- Ataxia
- Parkinsons Disease
- Guillan-Barre Syndrome
- Polyneuropathy
- Vestibular Problems / Dizziness
- Balance and Co-ordination Problems
- Genral Mobility Problems
- Rehabilitation Problems



Phone for a free verbal consultation
or to book an appointment for assessment:

Tel: 01244 579616, 07963 130995
or email info@therapy-matters.co.uk

TherapyMatters is an independent neurological Physiotherapy and Rehabilitation clinic dedicated to helping you achieve your best recovery and potential function, and then maintain it. We will assess you, discuss realistic goals that you want to focus on, and provide an excellent standard of Specialist Neurological Physiotherapy to achieve these goals.

Your goals may include aspects of daily living such as dressing, moving, walking and climbing the stairs or a return to work, or leisure activities and driving. We can help you with these goals and any others you may wish to work towards. We will always be honest and realistic with you, so that you aim for things that are within your potential to achieve, and we will work towards improved levels of fitness and stamina in your daily life.

Specialist Neurological Physiotherapy and Complex Rehabilitation Clinic helping you to maximise your function through excellent therapy



How does Treatment work?

The team of Physiotherapists and Occupational Therapists at TherapyMatters are highly specialised clinicians with many years of experience within neurological rehabilitation. The Clinical Lead physiotherapist is also a British Bobath Tutor, teaching other Physiotherapists and Occupational Therapists throughout the UK, within the Bobath Concept of Rehabilitation. The Bobath Concept of Rehabilitation works by promoting the recovery of neural pathways within the brain and the spinal cord through a process called Neuroplasticity - the central nervous systems ability to make new connections for functional recovery. This is achieved through realigning joints and muscles, stimulating and activating them, improving postural control and giving lots of opportunities for strength training and practice to refine new skills.

Will it help me?

We can arrange for a free verbal consultation either on the phone or at the clinic to discuss this.

During your actual assessment and treatment we will explore your posture and balance, handling your muscles and working with our hands on you to facilitate different and improved movement patterns. It is best to come to your physiotherapy session in loose fitting and comfortable clothes so that we

can see and handle areas of your body that will help the assessment and treatment.

Your Treatment

Your treatment is best carried out at the clinic where we have equipment to help, such as medical plinths. However, we are also available to treat you in your own home / nursing home if you are unable to come to us.

All Physiotherapists are Chartered Physiotherapists and are members of the Chartered Society of Physiotherapists (CSP), or our Occupational Therapists are members of the Royal College of Occupational Therapy (RCOT), and we are all registered members of ACPIN, the Association of Chartered Physiotherapists interested in Neurology.

Who do we treat?

We specialize in treating people who have had neurological damage to their brain, spinal cord or nerves from conditions such as stroke, traumatic brain injury & multiple sclerosis. We also work with mobility and strength difficulties. Please see the list in this brochure for examples and contact us to discuss your condition if you do not see your problem on this list.

Appointments

To make an appointment for a full assessment, phone or email the clinic. Assessments will generally last approximately 1hr long. You do not need a doctors referral, but we will ask you relevant medical questions about your condition

Important Information

Specialist Neurological Physiotherapy and Complex Rehabilitation Clinic

Clinical Director Physiotherapist and Bobath Tutor: Clare Fraser (MSc MCSP BBTA)

**Aldfor House, Bell Meadow Business Park,
Park Lane, Cuckoos Nest, Pulford, Chester,
CH49EP. Tel: 01244 579616 / 07963 130995**



info@therapy-matters.co.uk www.therapy-matters.co.uk

How to find us:

By Road: On the A55 leave at junction A483 and take the roundabout exit signed towards Wrexham. Take the very next left at the traffic lights towards Pulford. Continue along this road for a few minutes and you will pass the **Grosvenor Garden Centre** on your left - within another 2 minutes you will see the entrance to **Bell Meadow Business Park** on your left. As you enter the Business Park turn left towards **Aldford House** - which is situated towards the rear of the campus. Parking is available on site with visible '**TherapyMatters**' signs located right outside the front door of Aldford house.

By Public Transport: There is a frequent bus service (number 1) between Wrexham some seven miles further South, and Chester, the centre of which is three and a half miles to the North, with a stop at the entrance to the development.

A Taxi from Chester bus station will take approximately 15 minutes travel time.

If you have any questions or concerns please contact us and we will be able to help.

Have a look at what some of our patients have said about their rehabilitation at TherapyMatters. For more testimonials and patient stories have a look on our website too:
www.therapy-matters.co.uk



TherapyMatters helped me to understand the mechanics of walking and how to use the relevant muscles and joints to enable me to walk more efficiently and with greater confidence. I would have no hesitation in returning if my walking should deteriorate again and would certainly recommend them to others. All the staff are very friendly, listen to your concerns and provide an excellent bespoke service.
Mr Adrian Lumb

My walking is almost back to normal, and there has been a massive improvement in both my left arm and left hand. I am now at a level where I am able to walk to work, I can stand up for eight hours a day in the pharmacy in which I work and do my job. I sincerely believe that without the team's expertise I would not have recovered from my stroke to the extent that I have. I have achieved all my goals so far - enjoying life with my family, back to the gym, back to driving and back in work.

Mr John Ashworth

My stroke left me with dense left side paralysis. My goals have been, initially to stand/step/transfer and then walk with the aim of returning to independent living. Additional goals achieved have been driving the car using only right side controls from my wheelchair. Now nearly 2 years after my stroke I can walk short distances and am working on increasing this, plus looking to return to my hobby, golf, and playing 1 handed from a paragolfer buggy! TherapyMatters expertise & professionalism throughout my treatment has been second to none. Some of the core highlights of my rehab have been realistic setting of goals and the support that is offered. I would thoroughly recommend TherapyMatters to anyone who requires neuro/stroke related treatment knowing this will help improve their quality of life and recovery.
Mr MB

After suffering a stroke I was left with severely impaired use of my right arm and some restricted movement in my right leg. TherapyMatters were highly recommended as experienced neuro physiotherapists by the NHS physiotherapy team I was seeing at the time. I have been receiving physiotherapy from TherapyMatters for at least once a week to try to gain as much use of my right arm as possible. The staff are highly professional and very attentive. They are very experienced and have a good understanding of a patients needs and have explained the steps in the recovery process. I would strongly recommend TherapyMatters to other individuals requiring physiotherapy treatment.

R Shaw

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Call us - we would be happy to help with anything we can -

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