

PAIN MANAGEMENT

Manual treatment such as myofascial release or soft tissue mobilisation is administered to treat acute or chronic pain. The physiotherapist will not only treat pain but also its source. Areas of weakness or stiffness will be identified, and those areas treated with certain exercises to ease the pain.

Treatment also extends to include practical ways to help a patient such ensuring you wear the correct shoes, providing advice and educating the patient about the correct movement as well as addressing correct posture positions.

Since pain is very complex, education around intervention, rehabilitation and prevention is fundamental.