



ROYALFREE
world class care and expertise

Private Patients

Manual Therapy

at The Private Physiotherapy Clinic,
The Royal Free Hospital



Manual Therapy is one of the many techniques used by the Chartered Physiotherapists at The Private Physiotherapy Clinic to relieve painful conditions such as:

- Back pain
- Neck pain
- Arthritis
- Headaches
- Sports injuries
- Muscle and joint pain

Manual therapy is 'hands-on' physiotherapy treatment.

The therapists at The Private Physiotherapy Clinic are all highly qualified in the use of manual skills such as:

- **Massage**
- **Manipulation**
- **Soft tissue mobilisation**

These can be used in conjunction with other treatment to:

- **Improve movement**
- **Decrease pain**
- **Speed up recovery**

Research, including a recent national guideline for the management of low back pain, has shown that early treatment of your injury with gentle mobilisation can encourage a quicker return to normal function.

Frequently asked questions:

How do I book an appointment?

Contact The Private Physiotherapy Clinic on 020 7830 2200 to make an appointment. You can refer yourself or alternatively referrals are accepted from GP's and consultants.

What times are available?

Our clinic is open from 8am to 6pm, Monday to Friday. You can often be seen within 24 hours.

Are you recognised by medical insurance companies?

Yes The Private Physiotherapy Clinic is recognised by all major medical insurance companies.

GP's and Consultants

If you are interested in referring a patient to The Private Physiotherapy Clinic, please fax or post a referral to the contact provided. If you would like to discuss any referrals further, please give us a call on the number provided.

To find out more contact us on:

T: 020 7830 2200

E: private.physiotherapy@royalfree.nhs.uk

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