



**ROYALFREE**  
world class care and expertise

Private Patients

# Treatment of Osteoarthritis

at The Private Physiotherapy Clinic,  
The Royal Free Hospital



**A recent government guideline recommended exercise as a “core treatment for people with osteoarthritis”**

(NICE, 2008).

The physiotherapists at The Private Physiotherapy Clinic are skilled in the assessment and management of osteoarthritis. We use a combined approach, where appropriate, of exercise therapy (including exercise in our newly refurbished hydrotherapy pool), manual therapy and acupuncture for the treatment of osteoarthritis.

## 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.

### How long is each session?

The initial assessment is 1 hour long. Subsequent appointments are 30-45 minutes long.

### 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. We endeavour to devise appropriate exercise programmes within the parameters of any prescribed protocol of the referring physician or surgeon. If you would like to discuss this 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](mailto:private.physiotherapy@royalfree.nhs.uk)

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