



**ROYALFREE**  
world class care and expertise

Private Patients

# Rehabilitation before and after an operation

at The Private Physiotherapy Clinic,  
The Royal Free Hospital



## Before an operation:

We will help optimise your strength and mobility before an operation to give you a 'head start' to your rehabilitation.

Ideal for:

- ACL injury
- Joint replacement (e.g. total hip and knee replacement)
- Spinal surgery
- Key hole surgery

## After an operation:

The success of your surgery can often be optimized with physiotherapy. We can help to regain movement, decrease swelling, strengthen muscles around the joint and provide advice on when to return to activities including sport.

Working to the parameters set by your surgeon we will devise an individualised rehabilitation programme within our gym and/or hydrotherapy pool to help with your recovery.

# 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)

The Private Physiotherapy Clinic,  
1st floor, The Lyndhurst Rooms Royal Free Hospital,  
Pond Street, Hampstead, London NW3 2QG

[www.royalfreeprivatepatients.com](http://www.royalfreeprivatepatients.com)