

Musculoskeletal

Our musculoskeletal physiotherapists are hands on using the most up to date treatment techniques. We place a strong emphasis on rehab through exercise and pilates to reduce your risk of re-injury. Treatment techniques include

- acupuncture/ dry needling,
- joint manipulation/ mobilization,
- electrotherapy,
- soft tissue techniques,
- taping,
- orthotics

We have 4 Senior Chartered Physiotherapists highly qualified and experienced in treating musculoskeletal injuries.

Conditions they commonly treat include neck & back pain, Muscle strains, ligament sprains, bursitis, overuse injuries of the upper & lower limb, osteoarthritis and rheumatoid arthritis as well as the injuries listed below

Neck

- Cervical radiculopathy (pinched nerve)
- Wry neck (stiff or locked neck)

A/C Joint Injuries

- AC Joint- sprains and rupture

Shoulder Injuries

- Shoulder Instability
- Frozen Shoulder
- Shoulder Impingement
- Rotator Cuff Tear / Repair
- Shoulder Dislocation
- Labral tear/SLAP lesion

Elbow Injuries

- Golfer's Elbow
- Tennis Elbow

Hand and Wrist Injuries

- De Quervain's Syndrome
- Carpal Tunnel Syndrome

Lower Back Injuries

- Acute Lumbar Disc Pain
- Acute Low Back Pain
- Chronic Low Back Pain / Arthritis
- Sciatica
- Sacroiliac Joint Dysfunction
- Spondylolisthesis
- Pre/Post pregnancy pelvic pain

Hip Injuries

- Hip Labral tears
- Bursitis

Knee Injuries

- Anterior Cruciate Ligament Injury (ACL)
- Fat Pad Irritation
- Runner's Knee
- Knee Pain / Arthritis
- Meniscus Injury
- Ligament injuries
- Patellafemoral pain
- Patellar tendinopathy
- ITBF Syndrome
- Osgood-Schlatter's Disease
- Post-op rehabilitation

Leg Injuries

- Shin Splints
- Calf Strain
- Hamstring Strain

Foot and Ankle Injuries

- Achilles Tendinopathy
- Ankle Sprains
- Plantar fasciitis
- Tibialis Posterior Dysfunction
- Ankle Impingement Syndromes
- Sinus Tarsi Syndrome
- Osteochondral Lesions
- Morton's Neuroma
- Sever's Disease

- Bunions
- Haglund's Deformity
- Heel Spurs
- Metatarsalgia

We always aim to full rehabilitate each injury we treat and return you back to painfree activity/sport.

If required we can offer a prompt referral service to our team of Consultants and Pain Specialists. At the Bon Secours Hospital we have Consultants that specialise in different areas of the body e.g. spine, shoulder, hip, knee, ankle/foot. Should x-rays, MRI's ultrasound, DEXA scans be required, these can be arranged in our radiology department in liason with your GP or consultant. Joint injection under ultrasound guidance may be beneficial to some patients for pain relief, allowing further rehabilitation with their physiotherapy. Our physiotherapy team would discuss these issues with your GP and/or appropriate consultant.

We also run several classes here at the Bon Secours physiotherapy department to facilitate your rehabilitation; Pilates, fibromyalgia/ exercise classes and hip / knee joint replacement exercise classes may be suitable to improve your strength and range of movement.

Total Hip / Knee Replacement Classes

Our hip & knee exercise classes are gym based programmes which have been developed specifically for patients who have undergone total hip and total knee joint replacements.

Patients who have had a Total Hip or total Knee Replacement surgeries are encouraged to attend from 3 weeks post surgery.

The classes run over a four week period and require patients to attend a weekly one hour group session with our orthopaedic physiotherapist.

There is a maximum of 6 participants per class.

One of the many benefits of this programme is that exercising in a group with other patients who have undergone similar surgeries helps improve motivation and support.

The Physiotherapist will track your progress weekly and provide feedback to both your GP and Consultant on completion of the four week course.

Referral Pathway:

Information regarding these classes is provided to the patients during their pre operative session and post operatively at ward level. The cost to attend this four week program of 4 x one hour classes is €100. This also includes a pre assessment and post assessment on completion of the classes.

Class Set up:

The classes are carried out in the physiotherapy dept and consist of a circuit based class moving between 8-10 exercise stations. Each exercise station focuses on progressing strength and range of movement, progressing mobility and aiming to return you to a good level of pain-free function.

The exercises are tailored to suit individual ability and the classes are carried out in a supportive,

encouraging and a positive environment.

Results:

The classes are hugely successful in promoting a positive environment where exercise and fun are merged to result in a more mobile painfree hip or knee following joint surgery.

Please contact 021 4801630 for further information or to book a place

Fibromyalgia / Arthritis exercise programme - this programme consists of 8 sessions including a pre & post assessment, 3 exercise sessions, 3 hydrotherapy sessions