

## DO I NEED A REFERRAL?

You don't need a referral to be seen (with the exception of UVB). If you have a referral letter please bring it, with any relevant test results, eg. MRI, Xray, DEXA.

On your first visit you will be fully assessed, given a diagnosis and a treatment plan will be agreed with you. This will be progressed over your treatment until you are discharged, either with your condition resolved or with referral for further tests.



BON SECOURS HOSPITAL GALWAY

## CONTACT INFORMATION

Telephone 091 381932

E-mail: [bsgphysio@bonsecours.ie](mailto:bsgphysio@bonsecours.ie)

## MAKING AN APPOINTMENT

- Self Referral - Contact us as above
- GP referral, by letter, email or phone
- Consultant referral (Necessary for UVB)

## INFORMATION

- Treatment duration is 45 mins to 1 hour
- Clothing: Loose and comfortable

### CAN I CLAIM AGAINST MY HEALTH INSURANCE?

Physiotherapy is covered by most health insurers. You may be able to claim most or all of the cost back depending on your policy.

## CHARGES

Physiotherapy consultation (45mins-1hr)	€50 - €60
Women's/Men's Health Assessment	€60
Bone health 1:1 assessment	€60
Bone health classes (7 classes)	€140
Orthotic assessment	€70
Orthotics	€60-€250
Pilates Classes	€85
UVB: Initial assessment	€40
Treatment	€30
Isokinetic Testing	€100-€150



BON SECOURS HOSPITAL GALWAY



## OUTPATIENT PHYSIOTHERAPY DEPARTMENT

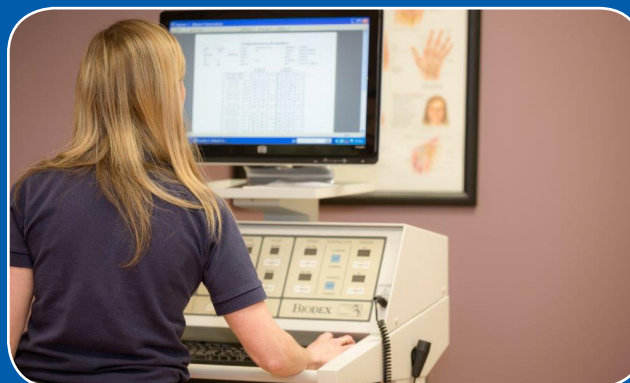
Advanced Medicine Exceptional Care

## OVERVIEW:

- Comprehensive range of Physiotherapy services
- Ground floor access
- Modern bright department
- Private treatment rooms
- Fully equipped gym
- Team of experienced Chartered Physiotherapists
- Early and late appointments available

## SERVICES & CONDITIONS TREATED:

- Acute and chronic sports injuries
- Acupuncture
- Arthritis - Rheumatoid and Osteoarthritis
- Back/Neck/Shoulder / Knee Pain
- Balance /vestibular problems
- Bell's Palsy
- Biomechanics and orthotics
- Ergonomic related problems & occupational injuries.
- Isokinetic testing
- Men & Women's health (incontinence and pelvic pain)
- Muscle /ligament injuries
- Neurological conditions including Parkinson's disease and stroke
- Osteoporosis & Bone Health
- Post operative rehabilitation (1:1 or in a class)
- Post concussion rehabilitation
- Respiratory conditions e.g. C.O.P.D.
- Sports Injuries
- Ultraviolet light (UVB) treatment



## ADDITIONAL SERVICES

### CLASSES:

We have a wide range of classes available. These include Pilates classes, bone health classes and hip/knee joint replacement classes. These classes are conducted by one of our Chartered Physiotherapists and numbers are limited to ensure a safe environment and individual attention.

### ORTHOTICS:

- Full biomechanical assessment
- Computerised gait scanning
- Advice on footwear choice
- Over the counter and custom made orthotics

### UVB IRRADIATION:

We provide UVB treatment for many common skin conditions including psoriasis and eczema. Contact your dermatologist to see if you're suitable for a referral.

### ACUPUNCTURE & DRY NEEDLING:

Used as an adjunct to physiotherapy in the treatment of

- Pain
- Urge Incontinence
- Muscle Tension and relaxation

### ISOKINETIC TESTING:

This is a new addition to our expanded rehabilitation service. Our Biodex system 3 dynamometer is used to perform highly accurate computerised strength testing of all major muscle groups. Suitable for pre/post-op testing, (eg. ACL & knee replacement) and injury rehabilitation (rotator cuff and hamstring).

BON SECOURS HOSPITAL GALWAY



For further information on our services,  
please visit our website  
[www.bonsecours.ie/galway-physiotherapy](http://www.bonsecours.ie/galway-physiotherapy)

BON SECOURS HOSPITAL GALWAY

