



Proactive Physio

Hypermobility Syndrome

Hypermobility syndrome is a condition, which affects a number of joints in the body. A joint is said to be hypermobile when the movement in that particular joint is more than what it should be. It is a disorder of the connective tissue. Connective tissue is all around our body and gives us our shape & structure; it is what holds us together.

If you are hypermobile you may find you are able to do things such as place your hands flat on the floor without bending your knees and contort your body into strange shapes.

- Symptoms of hypermobility include:
- Widespread aches and pains
- Poor sleeping patterns
- Clicking, popping and clunking joints
- Vulnerability and Instability
- Fatigue and low energy levels
- Poor balance and coordination

There is no cure for hypermobility, however the symptoms can be controlled and managed. Physiotherapy plays a key role in this process. Proactive Physiotherapy offers a 6-week programme which can facilitate you in managing with this condition.

| Session | Duration | Programme |
|-----------|----------|---|
| Session 1 | 1 hour | Detailed Assessment Education and Ergonomic Advice |
| Session 2 | 30 mins | Spatial awareness, joint position sense, balance & proprioception work (Use of power plates and pressure bio-feedback) |
| Session 3 | 30 mins | Spatial awareness, joint position sense, balance & proprioception work (Use of power plates and pressure bio-feedback) |
| | 30 mins | Core Stability (Setting spinal neutral) |
| Session 4 | 30 mins | Core Stability (Cervical spine and Pelvis) |
| Session 5 | 30 mins | Advance core stability (Add peripheral components – Shoulder and Knees) |
| Session 6 | 30 mins | Advance Core Stability (Self Management programme) |

For further information or to book an appointment :

[w www.proactivephysio.co.uk](http://www.proactivephysio.co.uk)

[t 07969783659](tel:07969783659)

[e info@proactivephysio.co.uk](mailto:info@proactivephysio.co.uk)



Proactive Physio

Fibromyalgia

Fibromyalgia is the term used to describe widespread pain and discomfort throughout the body. It tends to affect the muscles and tendons surrounding various joints – however not the joints themselves. The symptoms are predominantly pain which has continued for more than 3 months.

Unfortunately the current research regarding Fibromyalgia is limited and there are no clinical tests e.g. scans, blood tests or x-rays, which can confirm this diagnosis. Usually this condition has been diagnosed by a specialist - Rheumatologist.

Symptoms of fibromyalgia include:

- Widespread aches and pains particularly necks and backs
- Stiffness
- Poor sleeping
- Feeling depressed
- Highly irritable
- Fatigue and low energy levels
- Irritable bowels

There is no cure for fibromyalgia, however the symptoms can be controlled and managed, Physiotherapy plays a key role in this process. Proactive Physiotherapy offers a 6-week programme which can facilitate you in managing your condition.

| Session | Duration | Programme |
|-----------|----------|---|
| Session 1 | 1 hour | Detailed Assessment Education and Activity modulation/pacing |
| Session 2 | 30 mins | Relaxation and Acupuncture if appropriate (To control pain & facilitate sleep) |
| Session 3 | 30 mins | Relaxation and Acupuncture if appropriate (To control pain & facilitate sleep) |
| Session 3 | 30 min | Core Stability (Setting spinal neutral) |
| Session 4 | 30 mins | Core Stability (Cervical spine and Pelvis) |
| Session 5 | 30 mins | Advance core stability and gentle cardiovascular exercise (Add peripheral components – Shoulder and Knees) |
| Session 6 | 30 mins | Advance Core Stability and cardiovascular programme (Self Management) |

For further information or to book an appointment :

[w www.proactivephysio.co.uk](http://www.proactivephysio.co.uk)

[t 07969783659](tel:07969783659)

[e info@proactivephysio.co.uk](mailto:info@proactivephysio.co.uk)



Proactive Physio

Whiplash

Neck pain is very common, even without an accident or injury. With an increase in the number of cars on our road approximately 1 in 200 people now have a minor neck injury/whiplash each year. It is usually not too serious and permanent damage is unlikely.

Whiplash injuries usually affect the working parts of your neck – the muscles, ligaments and small joints.

Some facts about whiplash:

- Most whiplash injuries are not serious – Usually the muscles are worst affected and discs, bones, ligaments are usually ok.
- You may also experience back pain in addition to your neck pain.
- You may suffer from headaches – this is usually due to tight muscles around the neck.
- The initial acute pain will usually settle after a week or so.
- Some people have a delayed onset of pain – this means the symptoms can start a few days following the injury.
- Permanent damage is usually rare and long-term symptoms tend to resolve completely.

Most whiplash injuries are not serious – depending on the type of accident you may have been involved in, you may have already been taken to A&E or have been reviewed by your GP. This is useful to ensure nothing serious has occurred.

The symptoms of whiplash can be controlled and managed. Physiotherapy plays a key role in this process. Proactive Physio offers treatment and advice which can facilitate this process. We also prepare assessments and reports for your insurance company dealing with your claim.

For further information or to book an appointment :

w www.proactivephysio.co.uk

t 07969783659

e info@proactivephysio.co.uk