



Proactive Physio

Muscle, Joint, Ligament and Tendon Problems

The term musculoskeletal disorder is used to describe a number of conditions that affect the joints, muscles, tendons and ligaments. Musculoskeletal problems is a broad category for a large group of conditions. These may include:

- Carpal tunnel syndrome
- Tendonitis
- Plantar fasciitis
- Low back, neck and postural problems
- Following Hip, Knee and Shoulder surgery
- Ligament sprains/tears

Physiotherapists deal with all aspects of musculoskeletal injuries. If you feel the condition you have may benefit from treatment, you can contact Proactive Physio Services for advice and treatment. Our team are highly specialised in treating muscle and joint conditions. You will initially attend a Consultation following which your Physiotherapist will discuss what they believe the problem is and what treatment may be necessary.

If they feel Physiotherapy is not appropriate for your condition they will refer you back to your GP or to the most appropriate Health Professional who is able to manage your condition.

For further information or to book an appointment :

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