



# Proactive Physio

## Rheumatological Problems

Rheumatological problems tend to affect the whole body; Rheumatology differs from many other specialities, in that the conditions which are grouped as rheumatological, tend to be longstanding and rarely curable.

You may have been experiencing symptoms which affect various parts of your body. Your GP may have referred you to a Rheumatologist who is a specialist doctor dealing with these types of conditions. The Rheumatologist may have performed investigations such as blood tests or x-rays to help diagnose your condition.

Examples of Rheumatological conditions include:

- Rheumatoid Arthritis (RA)
- Polymyalgia Rheumatica
- Systemic Lupus Erythematosus
- Ankylosing Spondylitis
- Charcot's Joints
- Fibromyalgia
- Hypermobility Syndrome

Following your visit to your Rheumatology consultant it may be recommended that you commence a course of Physiotherapy. The Physiotherapist and Rheumatologist will work together to help control and manage your symptoms. While the doctor may provide you with the appropriate medication to control the inflammatory processes, your Physiotherapist can help you manage the pain and keep your joints moving and supported. Treatments such as Acupuncture, specific exercise training, electrotherapy and hydrotherapy along with joint protection may form part of your treatment programme.

Symptoms include:

- Pain
- Inflammation & Swelling
- Joint stiffness
- Loss of movement

Rheumatological conditions can be controlled and managed. Physiotherapy plays a key role in this process. Proactive Physio can offer you advice and treatment.

For further information or to book an appointment :

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