



## **“WHAT IS A ‘PHYSIO’? HOW CAN A PHYSIO HELP ME?”**

“Physio” is short for Physiotherapist. Physiotherapy is the profession dealing with body movement and physical health. In other countries, such as Canada and the United States, physios are known as Physical Therapists and are sometimes referred to as PTs.

As undergraduates, physios study a wide range of science related subjects including anatomy, physiology, microbiology and biomechanics. They also study a number of subjects that deal with injury and disease such as pathology and immunology, and subjects that relate more to human behaviour like psychology. The physio training is very broad to enable them to treat a variety of problems related to movement and physical health.

Physios work in a variety of settings within the medical sphere including hospitals, private practises, with sports teams and in schools. If you have a sports injury or back pain, the physio you see is likely to have specialised in the field of musculoskeletal physiotherapy. Other physios specialise in treating people in Intensive Care Units (ITU) or people who have head injuries following an accident or illness. Some physios work with very tiny premature babies to help keep their lungs clear and enable them to breathe and others work with very elderly people helping them stay active and mobile.

Anyone who has difficulties with their mobility would benefit from seeing a physio; whether it is a problem due to a sprained ankle, a stiff and sore back or shoulder, a new hip joint, weak legs due to old age or a lack of fitness after an operation.

Physios use “hands on” mobilisation techniques such as manipulation and massage to help restore mobility. They also focus on giving people exercises to help improve strength and stability. Sometimes machines like Ultrasound or Laser may help heal sprained ligaments or torn muscles, but these are always used in conjunction with manual physio techniques and exercise.

A visit to a physio will consist of an assessment to determine exactly what your problem is, what is causing it and whether there are any contributing factors that need to be addressed in order to sort the problem out once and for all. The physio will then discuss their diagnosis with you as well as their suggestions for treating the problem. They will usually give you an estimated time scale in which you should feel better and be able to return to all your normal activities of daily living, although with complex problems, the physio may need to see you a couple of times to determine your response to treatment.

If you are unsure whether physio can help your problem, email us at [info@puresportsmed.com](mailto:info@puresportsmed.com) or call **0870 2000 878** and speak directly to one of our physios.

**Clinics at:**

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