

## We're here if you ever **need us**

Whether you are paying for your own treatment or using medical insurance, Pinehill Hospital can care for you from diagnosis through to surgery and rehabilitation for almost any condition. With consultant-led care, appointments within 72 hours, little or no wait for treatment and \*private ensuite bedrooms for your recovery you'll be fit and well and enjoying the life you love almost straightaway.

### Other services available at Pinehill Hospital include:

- Cosmetic Surgery
- Dermatology
- Diagnostics
- Ear, Nose & Throat Surgery
- Eye Surgery
- Gastrointestinal Health
- General Medical Conditions
- General Surgery
- Men's Health
- Musculoskeletal Pain
- Spinal Surgery
- Women's Health

Tel: 01462 427 215

[pinehillhospital.co.uk](http://pinehillhospital.co.uk)

\*where applicable



## How to **find us**

Pinehill Hospital

Benslow Lane

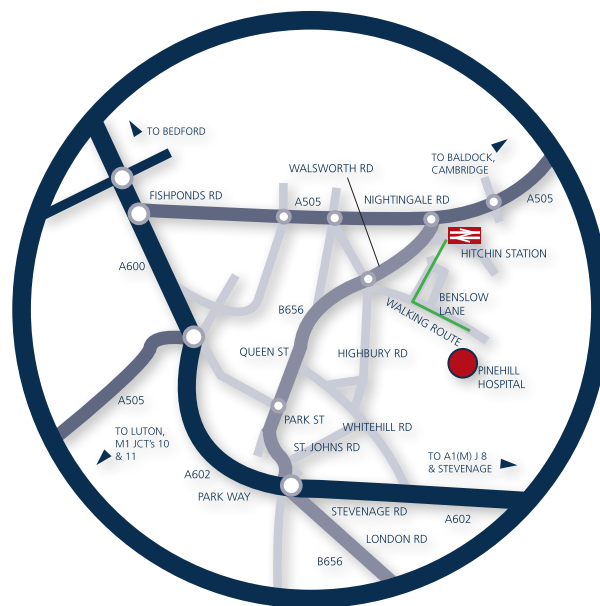
Hitchin

Hertfordshire

SG4 9QZ

Tel: 01462 422 822

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## Physiotherapy Clinic



Physiotherapy plays an important role in managing pain, providing relief, and helping with medical, musculoskeletal, and neurological rehabilitation.

Physiotherapy offers a holistic approach to assessing, preventing, and treating problems, as well as helping to reduce the recurrence of problems in the future.

## Physiotherapy at Pinehill Hospital

Pinehill Hospital's Physiotherapy Department offers a wide range of treatments in both an outpatient and inpatient setting, whilst providing patients with comprehensive educational and self-help programmes, individually tailored to meet patient needs.

All our staff are experienced Chartered Physiotherapists registered with the Health Professions Council and offer high quality, professional care in a safe and caring environment.

The Physiotherapy Department is a fully equipped modern unit with private treatment rooms, a wide range of physiotherapeutic equipment and a fully equipped gym for rehabilitation.

Our experienced staff provide a warm and friendly service in a relaxed atmosphere and have direct lines of communication with on-site consultants and direct access to x-ray, MRI, CT and ultrasound.

## Why choose us?

At Pinehill Hospital, we can offer you:

- Advanced clinical skills, working closely with Consultants
- Day and evening appointments
- Fast access to diagnostic investigations
- No GP referral required for self paying patients
- Everyone welcome - you don't have to be a patient at the hospital to access our physiotherapists
- Leading expert physiotherapists
- State-of-the-art equipment
- Competitive pricing
- Free parking

## Would I benefit from physiotherapy?

We are able to treat conditions including:

- Back and neck pain including whiplash injuries
- Pregnancy related back problems
- Sprains and strains
- Painful joint conditions such as arthritis
- Post-operative rehabilitation classes, back rehabilitation classes & women's health rehabilitation classes
- Tennis elbow and hand injuries
- Sports injuries
- Frozen shoulder and other shoulder problems
- Continence and prolapse (female only)
- Foot problems including plantar fasciitis
- Spinal assessment
- Personal training by Chartered Physiotherapist
- Post-op breast surgery treatment and cording
- Falls prevention exercise & general exercise guidance

## Our treatments

Our chartered physiotherapists use a wide variety of treatment techniques which include:

- Rehabilitation back to sport and exercise
- Mobilisation and manipulation
- Shockwave
- Acupuncture
- Biomechanical and ergonomic advice
- Gait analysis and postural re-education
- Preventative advice
- Appropriate exercise therapy
- Pelvic floor exercises
- Strength and conditioning

## How to access our services

You may access our physiotherapy services whether you are insured or choose to self pay.

### Insured patients

Pinehill Hospital is recognised by all major insurance companies. If you have medical insurance, you will need to contact your insurer prior to your visit, who will advise you whether your policy will cover the cost of the treatment and the processes necessary for a claim to be paid.

### Self-pay patients

If you wish to pay for your own physiotherapy, a referral is not required and you can simply call us directly to book an appointment.

An initial assessment (1hr) costs £77 and a standard (30min) appointment costs £52.

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