

TREATMENT OF THE MONTH: ESHER PHYSIO

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Esher Physio is a Chartered Physiotherapy Practice situated within Littleton Surgery in the heart of Esher. Suzanne Hunt, Physiotherapist and owner of Esher Physio recently had great success at getting to the bottom of my back problem (excuse the pun)! I had to share this enlightening experience with you because her help has been my Treatment Of A Lifetime, let alone The Month.



My back problems all started when I was a clumsy child. I fractured my Coccyx three times: high jumping, parascending and twirling around making myself dizzy. Silly girl.

Carrying twins didn't help, not to mention the desk job and running injuries. All in all my poor back has had a bit of a bashing, my main issue being a constantly aggravated right hip.

I've seen a Chiropractor and had other treatments in the past, yet having kids and a hectic lifestyle meant putting a stop to my self-maintenance. I rang Esher Physio because I was fed up and wanted it sorted out once and for all.

On examination Suzanne found I had a right Sacroiliac Dysfunction with tightness in the Piriformis (buttock) muscle and Lumbar spine. This was limiting my hip and Pelvic movement. But this was not the end and the condition could be rectified. My treatment with Suzanne involves heat, joint mobilisations, soft tissue techniques, stretches, exercises and postural correction.

Suzanne has made it easy to self manage my rehabilitation and maintain improvement. She strongly believes in supporting clients with a self-management programme so that they can change their bad postural habits, carry out the correct stretches and exercises to help resolve their problems in conjunction with their Physiotherapy. These techniques are imperative or relief will never be achieved. I am in fact taking her advice and sitting on a hotwater bottle right now, it's lovely!

Esher Physio treats all aspects of musculoskeletal conditions including; Arthritis, stiff backs, necks and joints, overuse injuries, sports injuries and whiplash. Whether related to wear and tear, sports injuries work related problems or from an operation and with the expert and help, up to date knowledge and techniques provided by Esher Physio, these conditions can be resolved.

Suzanne has a strong personal interest in all sport and has competed at county level as a squash player and gymnast so she understand people's need to return to sport and manage their conditions. Suzanne stays in touch with her clients through regular emails and very soon she will be emailing you footage of exercises specific to your condition; to make sure you copy them and practice your stretches correctly.

Suzanne has been a Physiotherapist for 20 years and is at the top of her professional with a clear knowledge of the best in treatments and products specific to your condition. If required she can recommend to you an array of support products (including supplements, orthopedic pillows and chairs) to help improve and resolve your back problems or injuries. Making your problems a thing of the past rather than a niggle you learn to live with.

Armed with an orthopedic pillow, my trusty hot water bottle and a tennis ball Suzanne has set me up to finally fix my back problem before my hip is seriously affected. If you have any niggles or injuries then I would suggest you give Esher Physio a call and get them ironed out once and for all.

Visit the brilliant new Esher Physio blog online (www.esherphysio.co.uk). Recent posts include ski fit exercises you will find extremely handy if you are planning to hit the slopes this year.



The surgery is open 8.30am – 5pm Monday to Friday and they are recognised by all major insurance companies.