

Pilates

Heal Physiotherapy is delighted to offer Pilates classes.

All our class sizes are small to ensure excellent tutoring and supervision.

Pilates is based on a set of principles which exercise the whole body through a range of mat and equipment based exercises. Pilates combines the co-ordination of deep postural and stability muscles, breathing, and arm and leg movements with postural correction, suppleness and flexibility. With regular practice, Pilates positively changes the body.



More recently Pilates has been adapted by the Australian Physiotherapy and Pilates Institute (APPI) to provide a specific program for athletes of all levels to increase their speed of rehabilitation. The APPI Pilates Method is suitable for all ages and levels of ability.

The benefits include:

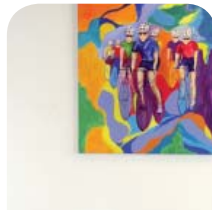
- Improvement of posture
- Encourages overall fitness and body awareness
- Rehabilitation of spinal problems
- Injury prevention
- Core stability and flexibility

All our classes are delivered by fully qualified physiotherapists to ensure optimal recovery. Our classes are held in our purpose-built studio and numbers are limited to a maximum of 8 participants.

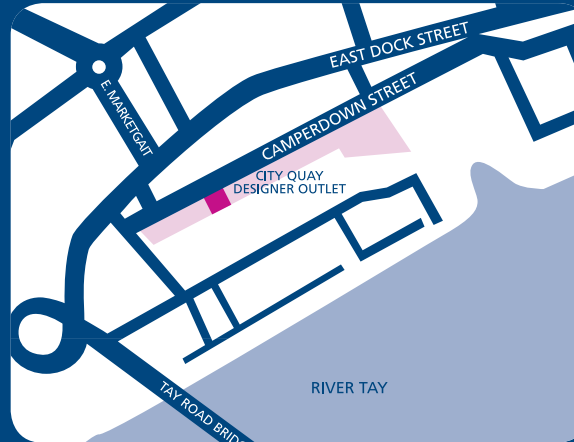
Many GPs, physiotherapists and health professionals recommend Pilates as one of the safest form of exercises available today.

1 hour classes - £48 for six week block

45 min classes - £36 for six week block



Where We Are



Contact Us

Unit 18
City Quay
Dundee
DD1 3JA
Tel: 01382 227227

www.healphysiotherapy.co.uk
E-mail: enquiries@healphysiotherapy.co.uk

HEAL

Physiotherapy & Sports Medicine Centre

Direct access to specialists in
sports injuries and their management

- Physiotherapy
- Sports Medicine
- Sports Massage
- Podiatry
- Dietetics
- Pilates



Physiotherapy & Sports Medicine Centre

About Us

Heal Physiotherapy and Sports Medicine Centre provides a unique package in the Tayside area.

Heal's team of specialists offers comprehensive care.

With our specialist knowledge we will not only treat you but also advise you how to look after yourself. If you take part in sport our expertise will help you enhance performance and prevent injuries.

From the early diagnosis and treatment of acute injury through to the investigation of chronic and recurrent problems, Heal has the ability to examine, investigate, refer directly to hospital consultants, treat and rehabilitate pain and injury.

Regardless of your age and fitness level, whether you sit at a desk or are serious about your sport, we will not only treat the pain or injury but also assess any underlying factors to help prevent the problem recurring.

Heal Physiotherapy is an innovative private clinic based within Dundee's City Quay run by physiotherapists Lynne Falconer and Sally Kiddie. Our clinic is bright and modern with individual treatment rooms and a gym area.

Physiotherapy

Physiotherapy is the diagnosis, treatment and prevention of injury and disease. We aim to alleviate pain and restore movement and function. Whether you hurt your back, twist your ankle, have wear and tear in your knee or are injured in the gym or on the pitch, our physiotherapists are trained to help.

We have a team of excellent state-registered physiotherapists who are committed to continuing professional development and education to ensure that we always provide the most up to date treatment and care. A range of physiotherapy services is offered including assessment, treatment, rehabilitation and education.

We have expertise in:

- Spinal problems
- Joint problems
- Sports injuries
- Sports profiling
- Manual therapy
- Musculoskeletal injection therapy
- Muscle balancing techniques
- Arthritis
- Fracture management
- Occupational health
- Return to work rehabilitation programmes
- Exercise prescription and advice
- Movement analysis and re-education
- Pre and post surgical advice
- Acupuncture
- Hydrotherapy

And lots more...

Physiotherapy - £32 per half hour treatment



Sports

We are passionate about sports rehabilitation. Whether you are serious about sport or just keeping fit we will not only treat the injury but also assess any underlying factors to help optimise performance and prevent the problem returning.

Business

Heal Physiotherapists work extensively with local businesses. Through education and activity-based programmes we rehabilitate employees and help them return to work. We also visit businesses to conduct work site assessments and provide ergonomics workshops and presentations. By giving people a greater understanding of how their bodies move Heal Physiotherapy helps business achieve lasting results.



Sports Massage

Heal Physiotherapy has experienced massage therapists working on site.

Regardless of whether you exercise to keep fit, compete at club or international level or are simply stressed and tense, massage can offer a variety of benefits such as:

- Promoting healing and speeding recovery following injury or the effects of training
- Reducing injury potential
- Improving conditioning and performance
- Relaxing muscles to reduce chronic tension
- Improving range of movement
- To invigorate or relax – ideal during the training/competitive phases and post-event or simply just to de-stress

Massage - £45 for 1 hour, £30 for 30mins, £35 for 45 mins



Podiatry

Heal Physiotherapy's relationships with Podiatrists are integral to offering a complete solution to your problem.

Services include:

- Biomechanical assessment
- Gait analysis
- Orthotic assessment and prescription
- Footwear advice
- Acupuncture
- Lower limb mobilisation
- Chiropody treatments

Podiatry - £32 initial consultation, £28 further treatment (per half hour)



Sports Medicine

Heal Physiotherapy works closely with doctors who are members of Faculty of Sport and Exercise Medicine.

Between them they have experience working with Tayside & Fife Institute of Sport, Scottish Institute of Sport, Scottish Rugby Union and Scottish FA, British Olympic Association Medical Committee, Youth Winter Games, 2006 Winter Olympic Games and 2010 Commonwealth Games amongst many other commitments.

Sports physicians tackle a broad range of sporting problems including:

- Pre-exercise medicals
- Joint and soft tissue injections
- Assessment of exercise with co-existing conditions (such as diabetes, asthma, arthritis, heart disease)
- Specific female athlete problems
- Medication and sport
- Over-training
- Nutrition
- Biomechanics
- Direct referral for blood tests, x-rays, ultrasound and MRI scans

Sports Medicine - £60 per consultation

Dietetics

Heal Physiotherapy also works with dieticians to promote well-being and optimum performance. We will also address weight management and lifestyle conditions and provide counselling.

Consultations may include:

- General Nutrition/Diet Analysis
- Specific Nutrient Analysis
- Individual Nutrition Programmes
- Training Specific Meal Planners
- Body Composition Analysis
- Group/Team Workshops
- Sports Supplementation Advice
- Making Weight for Competition

Dietetics - price on request

