



HOME

Welcome to Physiofusion, based in East Lancashire.

We are a team of highly qualified specialist Physiotherapists that are state registered with the Health Professionals Council and members of the Chartered Society of Physiotherapy, guaranteeing expert assessment, treatment and advice.

We are supported by practitioners such as Chartered Podiatrists, personal trainers, acupuncturists, sports and relaxation massage experts, Alexander Technique teachers, Craniosacral therapists (treating adults and babies) and Pilates instructors.

We aim to provide individually tailored rehabilitation and the high quality of care that you would expect of expert clinicians.

We specialise in sports and spinal physiotherapy, post-operative rehabilitation (with strong links to many of the area's leading orthopaedic surgeons) and muscle and joint problems... head to toe expertise.

We offer a complete rehabilitation package:

- an explanation of your problem
- details of the probable cause of your problem
- a diagnosis
- specific treatment
- advice on speeding up recovery
- a tailored package to prevent recurrence

Appointments

Most first appointments can be arranged within 3 days - usually within 24 hours.

For those in acute discomfort, need of urgent care or return to competitive sport we pull out all the stops to arrange immediate appointments.



PHYSIOTHERAPY

The assessment, treatment and management of joints, muscles, tendons, nerves, ligaments and spinal disorders, to speed up healing and restore health, fitness and function.

How can we help you?

Physiotherapy can help if you have:

- back pain or sciatica
- a sports injury
- whiplash
- had orthopaedic surgery
- chronic pain such as arthritis
- had an accident or had recent trauma
- joint, muscle or tendon problems

Generally, the earlier the treatment is started, the faster the return to health, work or sport.

Long-standing problems also respond well to an accurate diagnosis, a comprehensive treatment plan and advice on preventing reoccurrence.

If in doubt, please feel free to contact us for advice.

NEUROLOGICAL REHABILITATION

Every 5 minutes someone has a stroke in the UK, leading in many cases to severe disability... every day accidents occur that damage the brain or spinal cord...

Physiofusion's aim is to maximise recovery and then to provide a maintenance plan to prevent deterioration.

Strokes, multiple sclerosis (MS), cerebral palsy, Parkinson's disease, spinal cord or brain injury and even Alzheimer's require specialist physiotherapy skills and expert advice.

If you are struggling to get to one of our purpose built premises we can also offer domiciliary visits.



INJECTION THERAPY

Injection therapy is the use of intra-articular (into the joint) or soft tissue (into muscles etc) injections utilising anaesthetic or anti-inflammatory substances. These are particularly used when joints are swollen or arthritic.

Joints with wear and tear may also benefit from a course of injections (usually 3) of hyaluronic acid, injected into joints to act as a shield over the articular (joint) cartilage and synovium (joint lining), protecting these structures from mechanical damage.

IMAGE CONSULTANCY

It's all about confidence!

Whether walking down the street or into a job interview, looking good helps you to feel good.

We show you how to make the most of yourself by choosing colours and styles that are the most flattering for you, so that your confidence can grow.

PODIATRY AND CHIROPODY

Do your feet hurt?

Why do you put up with it?

Seventy-five percent of us will experience foot health problems of varying degrees of severity at one time or another in our lives.

Your feet can mirror your general health. Initial symptoms for conditions such as arthritis, diabetes, nerve and circulatory disorders are often shown in the feet. Postural aches and pains should not be ignored as they are often related to poor foot function.

Some problems are inherited and some develop from illnesses in middle age, or from the pressure of ill-fitting shoes. Registered Chiropodists (also known as Podiatrists) are trained in all aspects of care for the feet and lower limbs, including the most common foot problems e.g. Athletes foot, bunions, callus, heel pain, in-growing toe nails.

Research has shown that early diagnosis and timely treatment of foot ailments, more than often requires less invasive / aggressive treatment which usually carries less risks and side effects and outcomes are more favourable.



Assessment

A Podiatrist will assess and manage the podiatric needs of the sports person and the sport. They may carry out a physical biomechanical assessment, which looks at the way the bones, muscles, and associated structures such as tendons are aligned and interact. They may also look at factors such as stability, body posture and other musculoskeletal factors. They will take into account the type of sport and provide advice on what the patient can do for themselves, such as stretching and strengthening exercises. (The Society of Chiropodists and Podiatrists)

Treatment may also consist of the prescription of orthotics (inserts placed into the shoes) and advice on appropriate footwear.

Basic hygiene and nail cutting may be all that's needed to keep your feet in good health; but when normal feet turn into problem feet, it's best to seek professional help. After all there are 26 bones, 33 joints, 107 ligaments, 19 muscles and several yards of tendons in one foot alone!

Foot Facts

- Shopping for shoes is best done in the afternoon, as your feet tend to swell a little during the day, and it's best to buy shoes to fit them then.
- Have your feet measured every time you purchase shoes, and do it while you're standing. When you try on shoes, try them on both feet; many people have one foot larger than the other, and it's best to fit to the larger one.
- The average person walks about 10,000 steps a day. During a lifetime it is thought that a person has walked enough steps to have travelled around the planet more than 4 times, which is approximately 115,000 miles – more than 4 times the circumference of the globe!
- Women suffer from four times as many problems than men. This is believed to be a result of their choice of footwear, which usually consists of shoes with narrow toes and high heels.
- It is important that women wear correctly fitting footwear as on average they walk 3 miles further every day than the opposite sex.
- Body weight is multiplied by up to 3 times, with our feet bearing the brunt of this at each stride. There are over 1000 strides per mile per foot. An average size man will therefore process 112 tonnes of weight through each limb per mile.

ACUPUNCTURE

This technique has been used for over 5000 years, and involves the stimulation of certain points to produce natural pain relief, release muscles and aid healing.

In the past thirty years, because of the huge public interest in the subject, considerable scientific research on acupuncture has been carried out - although much remains to be done.



We now know much more about how acupuncture works and some of the myths can be laid to rest. It is demonstrably untrue to say that the results of acupuncture are all in the mind.

Modern research shows that acupuncture can affect most of the body's systems - the nervous system, muscle tone, hormone outputs, circulation, antibody production and allergic responses, as well as the respiratory, digestive, urinary, and reproductive systems. (*The British Medical Acupuncture Society*)

At Physiofusion, we only use disposable needles, sterile techniques and expert practice.

MASSAGE

We offer several types of massage, including muscle release, aromatherapy, sports and relaxation massage.

Massage is simply the manipulation of the soft tissues of the body - the muscles, tendons and ligaments. A Massage Therapist's hands are their most important tool, through which they not only treat the patient, but also detect physical and emotional problems.

Massage is the oldest form of physical medicine known to man and can be traced back to the early Chinese medical manuscripts around 400BC.

Conditions that respond well to aromatherapy and massage are:

- Stress and stress related disorders
- Depression and anxiety
- Muscular aches and pains
- Joint stiffness
- Pre and post sports therapy
- Digestive disorders
- Skin conditions
- Menstrual difficulties
- Respiratory disorders

Or perhaps you simply want to pamper yourself?

PILATES

The Pilates Method represents a unique approach to exercise that develops body awareness, improving and



changing the body's postural and alignment habits and increasing flexibility and ease of movement.

The core fundamentals of the method are based upon a thorough understanding of the anatomy of the human body.

The Pilates Teacher uses this information to create a comprehensive exercise programme for each client with the aim of restoring a greater sense of [muscular] balance. It is this holistic approach that sets the method apart from many other forms of exercise. (*The Pilates Foundation*)

At Physiofusion we use Pilates in isolation but often as part of a more thorough rehabilitation package.

THE ALEXANDER TECHNIQUE

The Alexander Technique is a simple and practical method for self-improvement and self-help to increase the awareness of body position, poise and co-ordinated movement.

Using the Alexander Technique you can become more:

- alert
- balanced
- relaxed
- focused
- effective
- confident

Anyone can benefit:

- Poise, vitality and coordination improve
- Breathing and speaking become easier
- Movement becomes freer, lighter and more enjoyable

(*The Society of Teachers of the Alexander Technique*)

CRANIOSACRAL THERAPY (ADULTS, CHILDREN AND BABIES)

Craniosacral Therapy is a technique that has been clinically developed to enhance health and vitality in the body. Health can be felt on all levels: physical, psychological, emotional and even spiritual. Craniosacral treatment tends to encompass all of these aspects.



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It was discovered in the early 1900's and involves the intrinsic movement of bones in the head, facilitating changes in areas of restriction in the body.

It can aid a wide range of conditions including acute or chronic disease, emotional trauma, aches and pains as well as increasing the immune system and the body's capacity for self-repair.

One of the most well-known uses of Craniosacral Therapy is in the treatment of babies and children. It is completely non-invasive and the results are often remarkable.

Different people feel different effects from this treatment, so please feel free to call us to chat about how this may benefit you.

PERSONAL TRAINING

Personal Training is all about YOU!

We aim to provide you with a unique and fully individualised training programme. Whatever your age, level of fitness or current lifestyle, we can design a tailor-made programme to suit your needs.

Our programmes provide a well-balanced, full body regime, with advice on how to use your body correctly, safely and to maximum effect.

We offer flexible programme options, from e-guidance to 1-to-1 training.

Programmes can include:

- Core stability work
- Cardio-vascular training
- Injury rehabilitation
- Muscle strengthening / toning
- Weight management
- Flexibility

Why Use a Personal Trainer?

- Motivation to maintain a healthy and active lifestyle
- No costly gym memberships required
- Exercise at your own convenience



- Enjoyable, personalised exercise programme
- Regular programme reviews
- Increased confidence

NLP, LIFE COACHING AND HYPNOTISM

Do you want to feel the best you can about your self?
Do you want to have a more positive outlook?
Do you want to know what success sounds like?
Does it seem life is passing you by?

For any number of reasons, your life may not be of the quality you wanted or imagined for yourself. The successful career has eluded you, or the personal relationships you desired haven't materialised. Maybe you have a mental or an emotional issue, or a fear or a phobia. Or maybe just a bad habit that you would like to overcome.

For whatever reason your life isn't working for you, it isn't because you are broken. Each and every one of us has the ability to create the life we desire - some times you just need a little help.

So if you think you are ready, and require some help to overcome an issue that is stopping you create the life you want, then techniques used in NLP and Time Line Therapy™ along with Hypnosis can unlock anyone's door to success.

NUTRITION AND NATUROPATHY

Do you suffer from any of these common problems:

- Tiredness / lack of energy
- Digestion / bowel problems / IBS / Candida
- Depression / anxiety
- Weight problems
- High cholesterol / blood pressure
- Muscular / joint pains
- Skin conditions
- Food intolerance or allergies



- Headaches / migraines
- Blood sugar problems

And many more...

Nutritional Therapy may improve many of these conditions by using nutrients that are in your everyday food, as a medicine. These nutrients are essentially the building blocks that your body uses as its fuel, for energy, repair and growth.

We can also offer allergy testing to assist in diagnosis and optimum health.

WOMEN'S HEALTH

This is a specialist area of physiotherapy that broadly deals with 3 areas:

- Ante-natal care
- Post-natal care
- Gynaecological care

Ante-natal Care

This is to aid the physical condition of the mother prior to birth. This includes the maximisation of the pelvic and back condition, use of pelvic supports, and preparation for the birth, including relaxation and breathing techniques and labour positioning, tailored to you.

Post-natal Care

The physical stress of giving birth can be traumatic to both mother and baby (see baby Craniosacral Therapy).

We offer physiotherapy that helps to alleviate post-natal problems such as stress incontinence, pelvic and / or back pain and a package of care for those that have had a caesarean section (a process that involves cutting through the full depth of the abdominal muscles).

Gynaecological Care

Let's be honest... telling a stranger that you have bladder weakness is a daunting task, but by tackling this problem with the help of a specialist physiotherapist, your life does not have to fit in around the management of an embarrassing problem.



PHYSIOFUSION ALSO PROVIDES:

- advice, ordering and fitting of braces, supports, sports or rehabilitation equipment
- posture care equipment such as back and neck supports, pillows and ergonomic seating devices
- advice and links to orthopaedic consultants, podiatrists and personal trainers
- laser, ultrasound, acupuncture and taping
- elite sports training and rehabilitation

Please contact us for further details

ABOUT US

OPENING HOURS

All of our clinics are open from 8.30am to 8.30pm Monday to Thursday and 8.30am to 5pm on Friday. We also offer Saturday clinics.

Emergency Appointments

If you are an elite sport's person, or if you need to be back at work quickly, waiting for appointments is not an option.

We can always offer at least 1 appointment within 48 hours within the practice, or if you are incapacitated, we can arrange domiciliary visits.

ADDITIONAL CLINIC DETAILS

In 2008, The Janet Stevens Physiotherapy and Sports Injury Clinic became part of Physiofusion, a company providing physiotherapy and specialist therapy services in East Lancashire.

Janet Stevens will continue providing her expert services within the Burnley clinic, to prevent the loss of a wealth of experience.

In 2009, our redesigned premises will be ready.



QUESTIONS

INSURANCE / SELF FUND

Self funding

The price varies depending on which treatment option you choose - please call us to request more details.

Medical Insurance, Private Health Policies and Claims

We are recognised and registered providers to all the major health insurance companies (BUPA, AXA, PPP and more) as well as many of the smaller medical insurers and claims handlers.

As all of our clinicians are registered with nationally recognised bodies, registering with new insurance providers is easy - please contact us.

If you have a health insurance policy or are a member of a private health care scheme, the payment for your treatment will either be settled directly with Physiofusion or reimbursed to you via invoices which we can provide. You may need your GP to fill in a claim form supplied by your insurer / scheme before starting treatment; your specific healthcare provider will be able to advise you about this.

Third-Party Injury Claims

If you are pursuing a claim for an injury that is not your fault, we may be able to help you organise payment or re-imburement for services through your solicitor / lawyer.

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- a tailored package to prevent recurrence

Appointments Most first appointments can be arranged within 3 days - usually within 24 hours.

For those in acute discomfort, need of urgent care or return to competitive sport we pull out all the stops to arrange immediate appointments.



FIRST VISIT

Collection of Personal Details

On arrival, you will be asked to fill in a New Patients form, so we can collect your personal details, such as name and address.

Your Appointment

Your first appointment will take up to 1 hour depending on the complexity of the problem. We will ask you questions to learn how the problem started, its location and the pattern of the symptoms.

We will make a thorough examination of the area involved (you will need to bring appropriate clothing to help us view the area adequately eg. shorts). You may wish to bring someone with you. The greater the information gathered, the more accurate the diagnosis and the more effective the treatment will be.

Explanation

Often we will use 3-D models or charts to explain our findings, before we discuss the possible treatments and the expected recovery time.

Possibly more importantly, we will instruct you in how to prevent recurrences of the problem.

Resolution

Our goal is to resolve your problem, leaving you impressed enough to recommend us to your friends. See testimonials.

GPs, Consultants and Specialists

All our therapists liaise with your GP, Consultant or Specialist to provide the most effective and comprehensive care for you (with your consent of course).

DISABLED ACCESS

SPORTS CLUB AFFILIATION

GIFT VOUCHERS

CORPORATE

SERVICES WE PROVIDE / WHY WE PROVIDE IT



CONTACT US

Telephone: 01282 77 65 66
Fax: 01282 77 65 66
e-mail: info@Physiofusion.co.uk

151 Burnley Road, Padiham, Lancashire BB12 8BA

Opening Hours

We are open Monday to Friday, during the day, as well as running evening clinics until 8.30pm.

We are also open on Saturdays from 9.30am.

Outside Opening Hours

Please contact us by either stopping in, by telephone or by e-mail to check availability of appointments.

An answer phone is operating outside of these hours and is regularly checked. Please leave us a message and we'll get back to you asap to arrange a suitable appointment.

HOW TO FIND US

From Burnley / M65:

Take the A671 sign-posted Blackburn, Preston
Continue on the A671 as it enters Padiham
Physiofusion is on the right-hand side as you go down the hill (no. 151)

Parking is either outside the practice, or there is a car park directly opposite Physiofusion (20 metres down Hambledon Street).

From North West (Whalley):

Come in on the A671 (signposted Burnley)
Continue on this road through Read
Straight-on through the traffic lights, entering Padiham
At mini roundabout, bear left onto Church St (still A671)
Continue onto Burnley Road (A671)
Sharp left-hand corner, then start going up the hill
Physiofusion is on the left-hand side (no. 151)

Parking is either outside the practice, or there is a car park directly opposite Physiofusion (20 metres down Hambledon Street).



From South West (Accrington):

Join the M65 in a east-bound direction

Leave the M65 at junction 9 and take the 2nd exit onto A679 (sign-posted Halifax)

Continue on the A679, entering Burnley

At the traffic lights, turn left onto the A646, sign-posted Padiham

At mini roundabout, turn left onto Kiddrow Lane (still A646)

Turn left onto the A671 at George VI pub (sign-posted Padiham)

Continue on this road as it enters Padiham and turns into Burnley Road (still A671)

Physiofusion is on the right-hand side as you go down the hill (no. 151)

Parking is either outside the practice, or there is a car park directly opposite Physiofusion (20 metres down Hambledon Street).



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With details of:

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