

Rehabilitation from Illnesses and Accidents

If you have suffered an injury on the road or in the workplace, or are in recovery after an illness, we have a broad range of rehabilitative services available designed to speed your recovery, maximise healing, and restore your mobility. We can speed up the healing process, minimise scar tissue and also give you exercises to increase your flexibility, muscle strength and range of movement.

Manipulation & Mobility

State-registered Physiotherapist, Isobel Hamid, provides manipulation & mobility treatment to help recover mobility from most illnesses and injuries, including ME, MS, cancer, peripheral neuropathy, muscular dystrophy, post-cardiac surgery, rheumatoid arthritis and many more. We treat many different conditions and cannot list them all, so if there is something specific you need, please contact us to speak to Isobel directly, and she will be happy to advise you.

Joint Problems

Ultima Physio offers a wide range of treatments to relieve joint and muscle stiffness, and ease strains, sprains and many other types of injury such as whiplash, sciatica and frozen shoulder. We can also reduce post-surgical swelling after joint surgery such as for a knee or hip replacement to help you regain normal pain-free movement.

Your First Appointment

Before your first appointment, please do not take any painkillers or anti-inflammatories, as these will mask the symptoms and make accurate diagnosis more difficult. It will also be helpful if you bring along a written list of your medication.