

Physiotherapy options at Benenden



Our physiotherapists design special packages of care to help patients with a wide range of problems, including:

- Back pain and other musculoskeletal conditions
- Breathing problems such as asthma and bronchitis
- Rheumatological conditions such as rheumatoid arthritis
- Neurological conditions such as Parkinson's and Multiple Sclerosis.

The treatments available include:

- Personal exercise and self-management programmes
- Hands on treatment
- Acupuncture
- Pilates
- Electrotherapy
- Exercise and intensive therapy in groups
- Traction for the neck or lower back.



Benenden
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Referrals

Members of the Benenden Healthcare Society - to be referred you just require a letter from your GP requesting physiotherapy, then a quick call to the Society Benefits Team in York on 0845 0525701.

Private patients - you may refer yourself directly, or if you are using a private insurance company please follow the company's guidelines and contact the Physiotherapy Secretary at the hospital on 01580 242521.

Treatment Options:

Option One an initial in depth individual assessment, followed by a programme of one-to-one therapy sessions

Option Two is for patients with simple problems that will recover with the correct guidance and self-management.

They will receive an initial assessment and advice, a progressive self-management programme, a six week period during which they can contact or visit the therapist for help, then an optional final review at six weeks.

Option Three is group therapy for patients. Groups include

- Pilates for spinal problems - small groups up to four people, six week course of one hour groups
- Pilates intensive weeks - for patients who live more than 50 miles away. Twice a year we run a five-day intensive course, staying overnight in Peek Lodge, our own hotel in the grounds.
- Osteoarthritis knee and hip programme weekly
- Osteoarthritis knee and hip intensive weeks. Five days of education and exercise
- Acupuncture for patients with long or short-term pain weekly or over an intensive week
- Shoulder classes for small groups, six to eight sessions weekly.



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