



Return to Play Sports Medicine

Guide to our services

Physiotherapy Services

Musculoskeletal and sports injuries

- Joint sprains and muscle strains
- Sport related injury
- Work, leisure, and activity related injury
- General aches and pains to joints and muscles
- Biomechanical and muscle imbalance related problems
- Cardiac and stroke related musculoskeletal complaints

Back, neck and pelvic pain

- Acute and chronic low back and neck pain
- Referred sciatic gluteal and leg pain
- Lower abdominal pain
- Neck related headaches
- Whiplash and spinal pain following a car accident
- Sacroiliac joint and pelvic related pain
- Chest and rib related pain



Our Specialist Rehabilitation Programmes

- Sport Specific Injury Rehabilitation
- Tendinopathy Rehabilitation Clinic
- Tendon and ligament injury rehabilitation
- High grade thigh muscle injury Rehabilitation
- Performance Enhancement Programmes
- Injury Prevention Screening Programmes

Pre and post-surgery rehabilitation

Optimal recovery from any orthopaedic surgical procedure benefits from a safe and structured rehabilitation programme from experts who understand your procedure and know exactly what you need to do to get back to your best. At RTPSM we recognise it can be both physically and emotionally challenging, so we will work closely with you and your surgeon to develop a plan that best meets your needs and takes the stress out of the process.

We will make sure you optimise your recovery and regain your strength, flexibility, function and most importantly your confidence

ACL Rehabilitation

With more than 25 years' experience working with professional and amateur athletes following ACL injury and repair, we are specialists in this field.

- Our focused approach will meet your complete rehabilitation needs.
- We can support you from day 1 post-surgery all the way through to your Return to Play.
- We are experienced in working directly with many of Ireland and Europe's leading sports knee surgeons and sports medicine professionals. We recognise that all injuries are not the same and often surgeons have a slightly different approach to both the surgery and the rehabilitation protocol. We respect those differences and adapt your programme accordingly.
- We have world-class facilities, equipment and protocols that are normally reserved for Premiership football clubs, to help get you back in action sooner, and safely.
- We will work with your goals, needs and budget to help you achieve your best. We have a variety of packages available from full-time daily focused rehab, to weekly review and guided programme provision. Just talk to us about what you are looking for.

Common Conditions

We help people with many types of conditions. Below are some of the common conditions we treat. Physiotherapy is helpful for a wide range of conditions. Please contact our team for further guidance and information if you are unsure whether physiotherapy will be able to help you.

BACK, NECK AND HEAD



Disc bulge / prolapse (slipped disc)
Locked or inflamed facet
Lumbar spinal stenosis
Spinal cord injuries
Postural issues
Scoliosis
Headaches
Dizziness
Facial palsy
Jaw pain
Pinched nerves

HIP, GROIN AND BUTTOCK



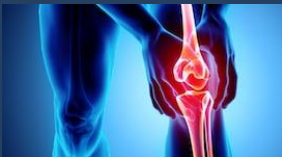
Buttock pain
Sciatica
Hip fractures
Labral tears
Osteitis pubis & groin pain
Gluteal tendinopathy
Hip bursitis and synovitis
Hip impingement
Hip replacement
Hip degeneration & arthritis
Growth related hip pain

CALF, FOOT AND ANKLE PAIN



Strains
Stress fractures and foot biomechanics
Sciatica
Fractures
Achilles tendonitis
Tears of the Achilles tendon
Plantar fasciitis
Foot pain
Tendonitis
Calf muscle tears
Shin Pain
Ankle ligament injury

LEG AND KNEE PAIN



ACL tear/reconstruction
Post-surgery rehabilitation
MCL Sprain rehabilitation
Hamstring pain
Ligament and meniscus injury
Shin pain
Shin splints
Calf pain
Thigh pain
Knee replacement & arthritis
Meniscal tears of the knee
Sprains and strains
Patellar tendinopathy
Patellofemoral syndrome
Growth related knee pain
Thigh muscle injury

SHOULDER



Rotator cuff injuries
Shoulder dislocations
Rotator cuff injury/ Shoulder dislocation
Shoulder impingement
Shoulder instability
Frozen shoulder
AC joint injury
Postural shoulder pain

ABDOMINALS AND PELVIS

Pelvic pain
Abdominal strain
Pre and Post-natal care

ARM, WRIST, HAND AND FINGER



Fractures and dislocations
Nerve injuries
Strains
Carpal tunnel syndrome
Repetitive strain injuries
Osteo and Rheumatoid Arthritis
Wrist tendinopathy

OTHER

Chronic pain / fatigue
And musculoskeletal complaints associated with other conditions.

ELBOW



Tennis elbow and golfers elbow
Referred pain
Dislocation of the elbow joint
Elbow & forearm tendon Injury
Elbow bursitis
Elbow & forearm fractures
Nerve entrapments

Work related injury

Many people suffer from pain and injury as a result of their work environment. At RTPSM we can identify the problem, help you and your employer understand your issue, and get you back to work safely and to stay.



Cardiac and Stroke Rehabilitation

Bridging the gap between inpatient hospital treatments and at-home treatments, our rehabilitation programmes are focused on improving our clients' quality of life and achieve the best outcomes possible. These are fully customised programmes which take into account the needs and capabilities of each client, using highly effective rehabilitation methods which can have a substantial impact on the clients' recovery and their health and wellbeing. Our highly skilled team understand the impact of a serious health issue has, not only on their clients' physical health, but on their emotional health too. Our caring and supportive team will help each patient rebuild their lives.

This rehabilitation is suitable for all stages of recovery and for all levels of mobility and ability.

Paediatric Physiotherapy (Children's physiotherapy)

Our paediatric physiotherapists look after the health and well-being of children aged 6-18 years. We have extensive experience dealing with conditions specific to adolescents and only provide treatments d by chartered physiotherapists who are registered with the Health Professions Council.

Sports Specific Programmes

We understand the needs of a sports athlete. Helping you to achieve your goals is our business. Physical demands vary significantly between sports. We have the expert knowledge and a deep understanding of the physical demands and requirements for different disciplines, including Football, Golf, Rugby, Hockey, Cycling, Racquet sports, hurling, swimming, rowing, kayaking, Running and hiking, Skiing and other snow sports, Dance and gymnastics, Netball, Weightlifting, martial arts, kickboxing and wrestling

Our advanced sport specific physio approach are similar to our general physiotherapy programmes, however they have a focus on the specific mechanics, rigours and physical requirements of your chosen sport, so they are more effective. We have the highest level of expertise in working with elite athletes, so we understand the unique demands of your chosen sport and what is required to help you perform your best.

In addition to rehabilitation physio, we also offer sport specific performance improvement programmes.



NHS Waiting List Clients

We understand waiting lists for NHS Physiotherapy can be long. Because early intervention can reduce the rehabilitation required, and improve the long term successful outcomes for many conditions, we are happy to provide assessments and consultations for anyone who is on the NHS waiting list. Once you have received an appointment with the NHS, we will provide a transfer letter to your NHS physiotherapist to ensure they have access to all relevant information to continue your care.

State-of-the-Art Technology

Our state-of-the-art clinic includes the very latest in technologies to accelerate your recovery and save on the clinical time our clients require. We use electrotherapy treatments where appropriate to accelerate your recovery and save on the clinical time our clients require. At RTPSM we are dedicated to achieving the best outcomes for each client and your physical therapist will utilise the most appropriate equipment for your treatment. Our fully equipped clinic includes the following;

- Diagnostic ultrasound units for assessment support
- Kinetic Spectra Continuous Passive Motion (CPM) machine -Continuous passive motion devices used to control post-operative pain, reduce inflammation and protect the healing tissue.
- Pulsed electromagnetic field (PEMF) therapy products to provide simple and effective pain relief
- Compex electrical stimulation and TENS to enhance faster recovery, manage pain and increase strength.
- Low intensity pulsed ultrasound (LIPUS) to accelerate healing of bones
- Game ready cryo compression to help our clients train harder and recover quicker.
- Cryotherapy. This has many benefits including quicker recovery times and increased athletic ability and performance
- Playertek GPS tracking units
- Therapeutic ultrasound products
- Strength dynamometer monitoring
- Defibrillator
- Performance testing products



Other Facilities

We are more than just a Physiotherapy Clinic. Below we have listed some of the other facilities we offer:

Massage Services

Our experienced staff provide a range of massage options including:

- Remedial massages – includes deep tissue or sports massages
- Relaxation massages – Range of packages available including options combining our recovery suite facilities. Loyalty discount scheme available.

Gym

MONTHLY MEMBERSHIP

Includes Kickstart induction, no joining fee, bring a friend 2 times a month for free and 30% off recovery suite bookings, including the sauna and jacuzzi. Unlimited training during gym opening times (times can be booked online up to 24 hours in advance)

CASUAL/ INDIVIDUAL SESSIONS

Individual gym sessions available via a booking system: Bookings can be made 7 days in advance. Induction session essential prior to unsupervised sessions.

Yoga, Pilates and exercise classes

A range of classes offered from beginner to advanced level. Ask at reception for our current schedule.

First aid courses

First aid courses run at various times throughout the year.

Gift vouchers

Give the gift of health. Choose a specific treatment as a gift or provide a monetary gift voucher. Our monetary gift vouchers let the recipient choose their perfect treatment or combination of treatments, as they can be used against any of the services we offer.

Some suggestions include:

- **Birthdays, Christmas and other special events** - Our monetary gift vouchers can be used for any of our services and make the perfect thoughtful present to look after your loved one's health and fitness.
- **Gifts for cyclists** – A sports physio session with one of our chartered physiotherapists is the perfect gift addressing symptoms specific to the individual cyclist.
- **Gifts for runners** – Our biomechanical assessment is the ideal gift for any keen runner wishing to optimise and improve their performance.
- **Gifts for Mums and Mum's to be** – Pre and post-natal physio sessions are a great idea for baby showers or as a post-natal gift
- **Gifts for athletes and busy professionals** – a deep tissue sports massage is the ideal present to alleviate muscle tension and address musculoskeletal issues
- **Gift vouchers for health and fitness screening** – help your loved ones achieve health and fitness goals with a gift voucher for a health and fitness screening.
- **Gifts for those with fitness goals** – transformation sessions in our fully equipped gym or recovery sessions or for personal training sessions

Reflexology and Reiki

Reflexology and Reiki provided by a qualified specialist in our private and tranquil rooms.

Performance screening

This service includes 2 x 60 min 1:1 sessions. The first session involves an assessment specific to your needs, goals and sport. Then in a second session a few days later, after your therapist has spent time developing your specific programme, you will be taken through each part of your personalised programme so you know exactly what to do, how often and how to progress. Your programme often will include strength, fitness, core and flexibility exercises to help you reach your goals.

Team GPS Tracking

Improve your game with our team GPS trackers. The FIFA Approved GPS Tracker is the most advanced wearable tech on the market. Track and Analyse your game like the Pro's. Make yourself fitter, faster and stronger than ever before.

Personal Training

Sessions personally tailored to your goals. Goals can include:

- Muscular Strength/Power
- Cardiovascular Endurance
- Weight loss
- Muscle Toning
- Sport Specific Goals (this option will be discussed further)
- Agility



Meeting/Conference Room hire

Hourly rate: £15 per hour

Half Day: (4 hrs) £40

Full Day (9 hrs) £80

Includes free car parking, disabled access throughout/ Hearing Loop System. Room configured to your requirements: Laptop Projector, Whiteboard, Tables and Chairs, Laptop. Tea and Coffee Facilities included at no extra cost. Additional services available: catering, photocopying and laminating.

Anti Gravity Treadmill

Sessions available from £10

Revolutionising rehabilitation and cardio conditioning, allowing our clients to recover, build strength, improve fitness and enhance balance and mobility. Alter G treadmills use technology to reduce body weight by up to 80% in 1% increments, enabling pain free exercise and rehab progression.

What are the benefits?

The machine can be adjusted to permit pain free and low weight bearing exercise. This equipment allows anyone with pain and stiffness in joints on weight bearing, to exercise confidently due to its body weight reduction technology.

This has multiple implications, including allowing patients to speed up their recovery, and improve mobility and range of motion, by reducing the forces of gravity. Whilst using the treadmill clients are surrounded by a safety bar and this combined with the reduced weight bearing means it is a completely safe and comfortable experience so clients can focus on getting the most out of their exercise without worrying about the risk of falling or injury from impact stress.



Who can benefit from it?

This versatile piece of cutting-edge equipment has a range of uses, including:

- **Post-operative and post-injury rehab.** Help patients rehabilitate sooner with, with less pain, improved outcomes and less risk of injury by reducing the load on the body. Suitable for ACL reconstruction, total hip and total knee replacements, post fractures, achilles reconstruction, meniscus surgery and much more
- **Athletes:** athletes can train like never before. Allows elite athletes to increase their training volume safely, while minimising risk of stress related injuries.
- Train for long distance fitness while reducing the impact on joints.
- **Balance issues** – safe, comfortable and pain free environment for anyone with balance issues, including Parkinson's, MS, cerebral palsy, stroke, sight issues
- Neurological conditions and learning to walk
- Helping cancer patients rebuild muscle strength by reducing fatigue while exercising
- Weight loss – general weight loss, as well as pre and post bariatric surgery prog rams
- Helping patients with arthritis pain in knee/hip to walk/run
- Active aging
- Stroke Recovery

The Recovery Suite

Sessions available from £10

Infrared Sauna

- Increased blood circulation
- Joint Pain relief (inc arthritis and fibromyalgia) and relief from sore muscles
- Better sleep
- Relaxation
- Detoxification
- Skin care - Clear and tighter skin, improves skin conditions
- Help for chronic fatigue syndrome
- Cell regeneration
- Increased metabolism
- Immune system support
- Help reduce Stress and fatigue
- Weight loss and calorie burning

Hot and Cold Pools

Rapid alternation between hot-water and cold-water immersions, opens and closes your blood vessels in a pulsing, pump-like motion which can help relieve various injury symptoms.

- Reduced pain, inflammation and decreased swelling
- Improved circulation
- Improvement in mild muscle strains
- Faster recovery after exercise and reduced soreness
- Increased energy and alertness
- Removes Excess Lactic Acid
- Boosts mood and improves immunity
- Increased range of movement
- Helps stimulate metabolism
- Benefits overall appearance of skin
- Regain clarity of mind, brain function and concentration

Game Ready Machine

Combining **Intermittent compression** with **Cold Therapy**.

- Decreases pain, muscle spasms, swelling
- Faster recovery from sprains or ligament injuries (e.g. Sprained Ankle)
- Quicker and more effective recovery after exercise
- Reduces metabolic activity and cellular demand for oxygen to reduce tissue damage
- Stimulates tissue healing
- Optimizes lymphatic drainage
- Increases post-operative healing and range of motion

Hypervolt Percussion therapy

- Accelerates warm up and recovery
- Improves range of motion and flexibility
- Reduces muscle soreness and stiffness
- Enhances muscle performance



Normatec Compression Therapy

Therapy using dynamic pulsed compression system to massage your legs.

- Increases blood flow and circulation
- Speeds up recovery after workout/training
- Reduces pain and soreness, including conditions such as knee osteoarthritis.
- Invigorates and relieves "tired" legs, perfect for people who work on their feet all day
- Decreases muscle tension and inflammation
- Reduces swelling and water accumulation
- Improves athletic recovery
- Enhanced range of motion

www.rtpsm.com

Return to Play Sports Medicine

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