

## What physiotherapy treatments are available?

- ✓ Manual therapy (joint mobilisation).
- ✓ Acupuncture.
- ✓ Myofascial release technique.
- ✓ Therapeutic exercises.
- ✓ Education.
- ✓ Functional retraining.
- ✓ Work ergonomics.
- ✓ Taping.
- ✓ Pilates.
- ✓ Electrotherapy.
- ✓ Shockwave therapy.



Our department is committed to improving the service we deliver and therefore welcome feedback from our clients.

### Opening Hours

We provide 24 hours Inpatient service. However, our opening time for outpatient clinic is as follows.

#### Margate:

Monday to Friday: 8:30am to 8:00pm

Saturdays: 9:00am to 2:00pm

#### Ashford:

Monday to Friday: 9:00am to 5:00pm

### Contact us

#### Margate

Spencer Private Hospitals  
Ramsgate Road  
Margate, Kent  
CT9 4BG

01843 234 555

#### Ashford

Spencer Private Hospitals Consulting Suite  
Arundel Unit  
William Harvey Hospital  
Kennington Road  
Ashford, Kent  
TN24 0LZ

01233 616 201

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[enquiries@spencerhospitals.com](mailto:enquiries@spencerhospitals.com)



# Spencer

PRIVATE HOSPITALS



## One of East Kent's Leading Physiotherapy Providers

We take this opportunity to welcome you to the Physiotherapy department of Spencer Private Hospitals

Our mission is to use our expertise in putting the client at the centre of our business to provide quality healthcare services that our users recommend and employees are proud of



## Inpatient and Outpatient Services

The Physiotherapy department at Spencer Private Hospitals, provides both inpatient and outpatient services. Offering a holistic approach to restore movement and function within the body.



## Our Staff

Our highly skilled physiotherapists are chartered and registered with The Health and Care Professions Council. We ensure patients are offered a professional assessment, with treatment and advice to a wide range of conditions. We place great emphasis on providing tailor made programs for individuals.

## Required clothing

In order for your physiotherapist to examine you, we recommend that you wear comfortable, loose fitting clothing.

## We offer:

- ✓ **Immediate access to the clinics. So no waiting lists.**
- ✓ **Specialist clinics and well experienced physiotherapists.**
- ✓ **Close contacts with Consultants and local GP'S. We will keep your GP or consultant informed of your progress.**
- ✓ **We work with all major insurance companies.**
- ✓ **A self referral system – You do not require a referral letter to see a Physiotherapist.**



## What to expect on my first appointment

Your physiotherapist will take a detailed history of your condition, medication, social history and lifestyle. Your consent will be obtained to carry out your examination, physical assessment and treatment. The physiotherapist will spend time explaining your diagnosis, formulate a treatment plan to suit your needs (considering your lifestyles and leisure activities), and determine the number of sessions you require.



## The common conditions we treat:

- ✓ **Sport injuries.**
- ✓ **Back and neck or spinal problems.**
- ✓ **Nerve impingement or entrapment.**
- ✓ **Soft tissue related injuries or tendinopathy/tendonitis.**
- ✓ **Reconstructive orthopaedic surgery or joint replacement.**
- ✓ **Ankle and foot injuries/surgery.**
- ✓ **Joint stiffness or poor mobility.**
- ✓ **Arthritis.**
- ✓ **Acute or chronic joint pain.**
- ✓ **Postural dysfunction.**
- ✓ **Old recurrent and work related repetitive injuries.**
- ✓ **Post fracture/dislocation.**
- ✓ **Medico-legal/whiplash related injuries.**