

Physiotherapy at Burrswood

Transforming lives through whole person care

Our Award Winning Outpatient Department provides:

- physiotherapy including hydrotherapy
- clinical pilates, aromatherapy and massage

Burrswood has recently won a QuDos in MS award for their research into the benefits of hydrotherapy for those with MS. The research showed proven outcomes from an “innovative and excellent service” – see our website for more details.

The benefits: Physiotherapy improves quality of life by increasing mobility and strength.

Our team of specialist rehabilitation physiotherapists are here to work with you, helping people who suffer from acute and chronic conditions such as:



“loads of fun ... we really notice the benefits including improved balance and strength”

- neurological conditions ie stroke, MS, Parkinson's disease, MND
- MSK conditions such as low back pain, tennis elbow, sports injuries and soft tissue injuries
- after orthopaedic injury, accident or surgery
- falls avoidance management
- osteoarthritis and rheumatoid diseases
- CFS/ME
- respiratory conditions

We offer follow on health and wellbeing exercise classes.

At Burrswood:

- We listen and respond to you.
- We are generous with our time providing high quality physiotherapy care in a peaceful and beautiful environment on the border of Kent and Sussex at Groombridge, nr Tunbridge Wells. Plenty of free parking.
- Hydrotherapy or physiotherapy treatment options.
- Affordable sessions with caring, professional staff working towards your individual needs and goals.

Easy to book:

- Self-referral or referrals from Consultants, GPs or healthcare professionals.
- Flexible appointments during weekdays and evenings are easily available.
- We have a partnership agreement with BUPA, AXA PPP and other healthcare insurance providers.



Massage

We are able to offer massage specifically for the treatment of lymphoedema and for scar tissue following surgery or burns.

Massage provides the key benefits of:

- Stretching and healing of soft tissues
- Relaxation and relief from aching muscles
- Improved circulation
- Assistance in the removal of toxins from the body

100% of our patients would recommend our services to friends and family.

Following an initial assessment your physiotherapist will plan your treatment approach and options with you. This may include hydrotherapy; treatment in water that is kept at a temperature of 33-35°C providing a superb environment for promoting muscle relaxation, increased freedom of movement and pain relief.

Our experienced, qualified team (including both male and female physiotherapists) delivers high quality care in an atmosphere of trust and reassurance. Our physiotherapists are members of the Chartered Society of Physiotherapy and registered with the Health Professions Council.

For further information or to make an appointment, please call 01892 865989

email: outpatients@burrswood.org.uk

website: www.burrswood.org.uk

For those who live further away, combine your physiotherapy sessions with a short stay in our Guest Rooms.

Call our admissions department for more details 01892 865889.

“Physiotherapy makes such a difference to my pain levels, movement and function. I feel so invigorated afterwards.”

Physiotherapy • Pilates • Acupuncture • Aromatherapy • Health & Wellbeing Classes



Burrswood Hospital, Groombridge, Tunbridge Wells, Kent, TN3 9PY

Registered Charity No. 1095940