

## PHYSIOTHERAPY



**Liz Burden** is the lead physiotherapist at The Nielsen Clinic (Weymouth) Ltd. She achieved an honours degree in Physiotherapy from Bath University in 1995. Liz worked in the NHS for 15 years & privately at the Nielsen Clinic since 2001. She specialises in musculo-skeletal outpatient physiotherapy & achieved a post graduate diploma in Orthopaedic Medicine in 2004. She became the principle physiotherapist here in 2009.



**Philippa Fenton** joined our team in 2010. Philippa qualified as a Physiotherapist in 2003 when she graduated with an honours degree from The University of the West of England, Bristol. She brings a wealth of experience gained through 8 years practice within the NHS, specialising in musculo-skeletal outpatients. Philippa treats a wide variety of sports injuries and medical conditions and has a special interest in treating back related problems, which is a field where she has advanced knowledge and skills.

Liz Burden & Philippa Fenton are members of the Chartered Society of Physiotherapists, Physio First & are registered with the Health and Care Professions Council.



**As Physiotherapists we use our experience and knowledge to help you to gain an understanding of your diagnosis & treatment. Your treatment programme will be individually designed to optimise the recovery process and help minimise the possibility of future recurrence.**

### Our Physiotherapy Clinic

As Chartered Physiotherapists we specialise in musculo-skeletal movement. We understand how and why your muscles, bones, joints, nerves and ligaments move and why pain and injury happen. Once your injury is diagnosed we use a wide variety of techniques to restore function and eliminate pain. Treatment can involve joint mobilisations, soft tissue massage, stretching, strapping, exercise therapy & postural correction.

### Our Sports Injury Clinic

As Chartered Physiotherapists we are able to assess and treat sporting injuries from a biomechanical perspective, as we understand how different sports place varied forces and stress upon your body. Following individual assessment we are able to identify the cause of a problem. We have a dynamic approach to help you get better & work towards future injury prevention.

### Sports Assessments

We assess athlete development which includes a biomechanical assessment of posture, flexibility, agility, core stability, strength, balance and co-ordination. We identify any problems and advise you in relation to their solutions, helping you improve your fitness.

### Our Whiplash Clinic

We treat whiplash injuries & provide a progressive and holistic treatment programme for to aid recovery.

**We also treat Orthopaedic Conditions** such as arthritis & rheumatic disorders. We provide rehabilitation after joint replacement surgery or after immobilisation from a fracture. We have a holistic approach towards assessment and treatment aiming for your highest potential for recovery.

We are recognized by most insurance companies.



### **Our Pregnancy Clinic**

We also treat pregnancy related pain. Pregnancy causes many changes to your body including ligament softening, stretched muscles & postural changes. These can cause back pain, pelvis pain or sciatica. Looking after young children can also cause physical strain on the body which can also lead to pain. Gentle physiotherapy & the right exercises can really help make your pregnancy more comfortable. We can also help get those stretched muscles strong again after having your baby.

### **Complementary Therapies**

We also have a number of Complementary Therapists who practice out of The Nielsen Clinic (Weymouth) Ltd. Please contact the clinic for more information on these.

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E-Mail: [thenielsenclinic@btconnect.com](mailto:thenielsenclinic@btconnect.com)

## **The Nielsen Clinic (Weymouth) Ltd Physiotherapy and Sports Injuries Clinic**

The Nielsen clinic is a private, medically progressive Physiotherapy & Sports Injuries Clinic. We are committed to quality, communication, honesty and patient's rights. We keep up to date within the medical world aiming to provide the highest quality of private health care. We have a holistic approach to treatment & we are looking forward to helping you improve the quality of your life whatever your age.

### **Partnerships**

The Nielsen Clinic (Weymouth) Ltd works with **Budmouth Community Sports Centre** in promoting health.

We continue to work with local sports clubs ensuring quick and affordable sports therapy for athletes in West Dorset.