

PHYSIOTHERAPY



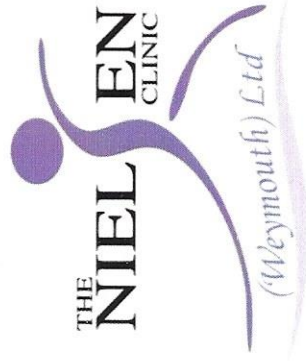
Liz Burden is the lead physiotherapist at The Nielsen Clinic (Weymouth) Ltd. She achieved an honours degree in Physiotherapy from Bath University in 1995. Liz worked in the NHS for 15 years & privately at the Nielsen Clinic since 2001. She specialises in musculo-skeletal outpatient physiotherapy & achieved 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 honors 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.



Charlie Pengelly qualified with a 2.1 honors degree in Physiotherapy from The University of Southampton in 2006. She has worked both in the NHS & private sector for the last 10 years. Charlie has a special interest in sports injuries & spinal problems. She is acupuncture trained & a Pilates instructor, which she incorporates into her physiotherapy treatments.



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

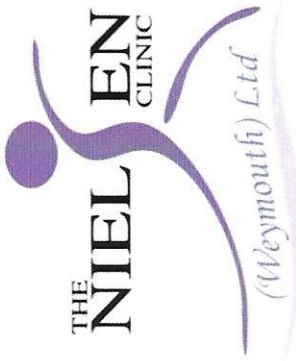
We assess athlete development which includes a biomechanical assessment of posture, flexibility, agility, core stability, strength, balance and co-ordination. We identify any problems and advise you in relation to their solutions, helping you improve your fitness.

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.



iz Burden, Philippa Fenton & Charlie Pengelly are members of the Chartered Society of physiotherapists & are registered with the Health and Care Professions Council.



We are recognized by most insurance companies



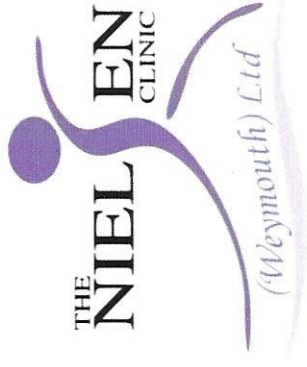
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The Nielsen Clinic (Weymouth) Ltd
Physiotherapy
and
Sports Injuries Clinic

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.