



PHYSIO HEALING HANDS

Specialist physiotherapy for neurological conditions

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Physio Healing Hands is a private neuromusculoskeletal physiotherapy clinic based in 21 FRIARS SQUARE SHOPPING CENTRE AYLESBURY, Buckinghamshire. Our vision is to enable people with MUSCULOSKELETAL, NEUROLOGICAL, ELDERLY condition to maximise their functional potential through the provision of high-quality specialist physiotherapy in AYLESBURY, Buckinghamshire.

We have extensive clinical experience which can help you in achieving your recovery goals. We provide our expertise in modern treatments for a wide variety of neurological conditions.

Sonia Jomon MCSP, HCPC

Sonia Jomon has over 20 years of experience in NEURO- MUSCULOSKELETAL-ELDERLY Physiotherapy. She worked up through different rehabilitation settings in private [THE RAPHAEL MEDICAL CENTRE TONBRIDGE AND THE ROYAL BUCKINGHAMSHIRE HOSPITAL AYLESBURY] and BUCKINGHAMSHIRE NHS TRUST. She is also a **Postural Stability Instructor (PSI) and Qualified ARNI (Action for Rehabilitation from Neurological Injury) Instructor**.

Sonia is a passionate and caring individual who takes pride in her work and values the importance of a holistic approach to condition treatment and management. Sonia is a Physiotherapist registered with the Health and Care Professions Council (HCPC), and is a member of both the Chartered Society of Physiotherapy (CSP) and the Association of Chartered Physiotherapists Interested in Neurology (ACPIN) and AGILE (the group for Chartered Physiotherapists working with older people).

The benefits of choosing Physio Healing Hands

- *All assessments and treatments carried out in the Clinic or in the comfort of your own home via our mobile neurological physiotherapy service.*
- *Visits made to residential and nursing homes.*
- *No stressful traveling.*
- *Areas covered Buckinghamshire.*
- *Treatment by a Chartered Physiotherapist with extensive experience of treating neuromusculoskeletal conditions.*
- *Reasonable and competitive costs.*
- *Convenient times to suit, including weekends and evenings.*
- *Honest appraisal of your prognosis and potential.*
- *Individualised treatment programmes, utilising a variety of methods, including Bobath, PNF and Functional Rehabilitation.*
- *Letters and progress reports for GPs and Consultants.*

All neuromusculoskeletal and elderly conditions treated. Physiotherapy for stroke, Parkinson's Disease, Multiple Sclerosis, Guillain Barre Syndrome, spinal cord injuries, head injuries, Cerebral Palsy, dystonia, ataxia, transverse myelitis, neuropathy, Post-Polio Syndrome, muscular dystrophy, Motor Neurone Disease and others.

Conditions We Treat

Physio Healing Hands aims to provide a high quality and friendly service whether in the comfort of your own home or clinic. We are committed to helping everyone to reach their full potential for recovery and independence. Our therapeutic services are tailored to meet the needs of each unique patient. We are happy to liaise with your consultant or GP to facilitate your treatment.

Physio Healing Hands can help you overcome any difficulties with:

ALL MUSCULOSKELETAL PROBLEMS AND PAIN MANAGEMENT.

Neurological conditions

- Stroke
- Parkinson's Disease
- Guillain Barre Syndrome
- Spinal Injuries
- Head/Brain injuries
- Cerebral Palsy
- Dystonia
- Ataxia
- Transverse Myelitis
- Neuropathy
- Post Polio Syndrome
- Muscular Dystrophy
- Motor Neurone Disease (MND)
- Bells Palsy
- Balance and coordination disorders

- Spinabifida
- Multiple sclerosis

Vestibular / Balance Disorders

- Balance / unsteadiness
- Vertigo (sensation of spinning)

Elderly Care

- Specialist physiotherapy for neurological and elderly rehabilitation
- Falls
- Loss of mobility

Exercise Programmes

- Falls prevention exercise class for 12 weeks
- Stroke group exercise programme for 12 weeks

PRICING

We provide both in-house therapy sessions and home visits. We believe in a patient centred approach, so after a thorough assessment we discuss with you what your difficulties are, how we can help, what we can offer, how often treatment needs to be, the progress we would expect to make and other relevant issues.

Costs

Telephone Consultation:

Free

Clinic:

Initial Assessment: £50 (60-minute session)

Follow Up: £45 (60-minute session)

Home visit:

Initial Assessment: £60 (60-minute session)

Follow Up: £60 (60-minute session)

Follow Up: £40 (30-minute session)

Reports: Free

Cancellations

Please contact us via telephone 07901 932 769 providing us with as much notice as possible if you are unable to make an appointment. You may incur the full cost of cancelled appointment if you fail to make less than 24 hours' notice.

Mode of payment

We accept payments by Cash, Cheque or BACS. Our therapist will be able to provide you with the relevant information if needed.

Please note that we will provide discounts for sessions more than six. If you want any further information regarding the conditions we treat and services we offer, or to book an appointment, do not hesitate to contact us. We are always glad to give friendly, informal advice with no obligation.

Contact us

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Please call **07901 932 769** or email us at **info@physiohealinghands.com**.

OPENING TIMES

MONDAY - SATURDAY: 09:00 - 19:00

SUNDAY: APPOINTMENTS AVAILABLE ON REQUEST BETWEEN 10:00 - 16:00