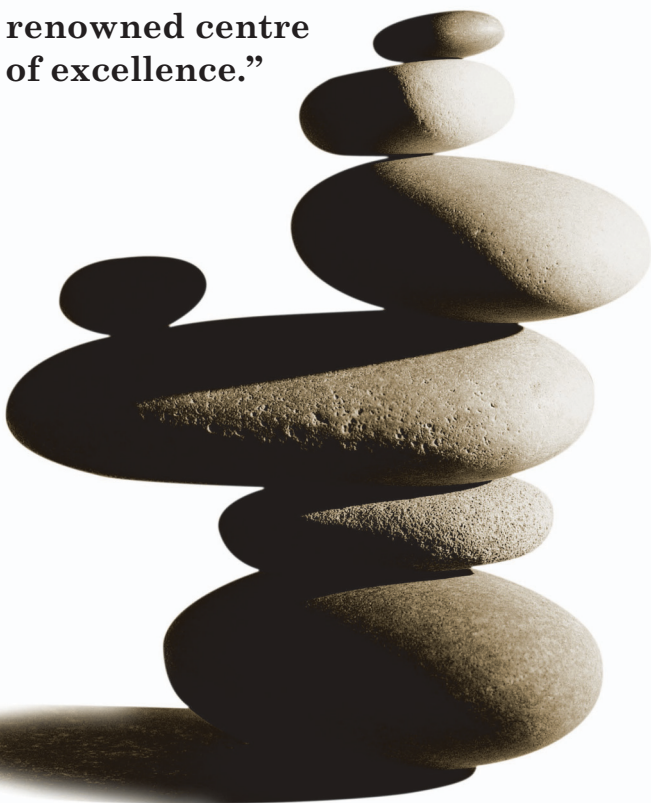




Physiotherapy

“An affordable service you can trust from a renowned centre of excellence.”



**To book: 01892 600815
www.hordercentre.co.uk**



Our **Outpatient Physiotherapy Service** is a new and dynamic physiotherapy service available to all without referral.

The service is available at The Horder Centre, one of the country's leading orthopaedic hospitals, and will soon be available at other locations in Sussex.

- **Affordable service providing effective treatment**
- **Relief from a wide range of orthopaedic, muscular and joint problems**
- **Fully flexible appointment times including evenings and weekends**

www.hordercentre.co.uk

Our treatment options

Sports and therapeutic massage – a deep and therapeutic massage which helps in the recovery of muscle injury. This treatment also relieves every day aches and pains and can enhance performance of sport and/or activities of daily life.

Sports injury rehabilitation – our wide range of treatments include:

Joint mobilization

Taping

Electrotherapy

Hot or cold therapy

Individually tailored exercise programmes

Soft tissue massage

Acupuncture

Orthotics

Modified Pilates – suitable for those with low back pain.

Traditional Pilates – low impact exercise.

Yoga

Knee classes – for osteoarthritis of the knee combining advice, exercise and techniques to help you manage your knee pain and lead an active lifestyle.

Back rehabilitation programme combining advice, exercise and techniques to help you manage your low back pain and lead an active lifestyle.

Acupuncture for effective relief of musculoskeletal pain such as sciatica, low back pain, neck and shoulder pain, tennis elbow.

Postural education and advice including exercises to strengthen specific muscle groups.

Post operative rehabilitation – essential in speeding up the recovery process after surgery.

Electrotherapy – promotes tissue repair and healing, reduces pain and swelling.



“**This is a massive thank you from me. You have given support, understanding and kindness. You are a credit to the Horder Centre, people like you make it the wonderful place it has become today.**”

Physio patient, Stephanie Smith





How to book your treatment

To find out more information or to book an appointment please call our bookings team direct on

01892 600815 or visit

www.hordercentre.co.uk

All our physiotherapists are Members of the Chartered Society of Physiotherapy (CSP) and the Health Professions Council (HPC). They are registered providers with all major health insurance companies.

How to find us



Directions by car: From the traffic lights in the centre of Crowborough, take the London Road and almost immediately turn left into St. John's Road and continue approximately half a mile. The Horder Centre entrance is on the left.



The Horder Centre
St John's Road
Crowborough
East Sussex TN6 1XP
Tel No: 01892 665577
E-Mail: info@hordercentre.co.uk

www.hordercentre.co.uk