Joints & Points Healthcare

we keep you working

GUIDE TO SERVICES

tel 0344 415 4895 **email** info@jointsandpoints.co.uk **web** www.jointsandpoints.co.uk

1.

JOINTS & POINTS HEALTHCARE – est. 1996

J&P are a friendly professional company run by clinicians who love doing what they do.

We provide a range of treatments to help you deal with pain, discomfort and distress.

We aim not just to get you back to where you were – but to a higher level of physical and mental fitness – ready for whatever life has to throw at you.

Recognised by all major health insurers

Bupa + medicash A positive approach to health Vitality Nuffield Health FOR THE LOVE OF LIFE

"I've had great support from Joints & Points. Not only in providing me with great treatment but also helping to attend World Championships and help my students in the clubs that I teach" **Pete Watson - British Karate Champion**

"Very friendly and helpful. Would definitely recommend service" **Birkenhead patient**

"The clinic staff were first class" **Bromborough patient**

"I would definitely recommend this clinic very highly" **Hoylake patient**

"I found the sessions extremely helpful, thank you" **Liverpool patient**

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3.

PHYSIOTHERAPY

Movement is essential for everyday function. Physiotherapy involves the assessment and treatment of muscles, tendons, ligaments, bones, spinal discs, nerves and other structures in order to restore normal movement.

Our aim is to treat your problem and provide you with advice to help keep you healthy. All of our Physiotherapists are registered with the Health Professions Council and the Chartered Society of Physiotherapy

How will I be assessed and treated?

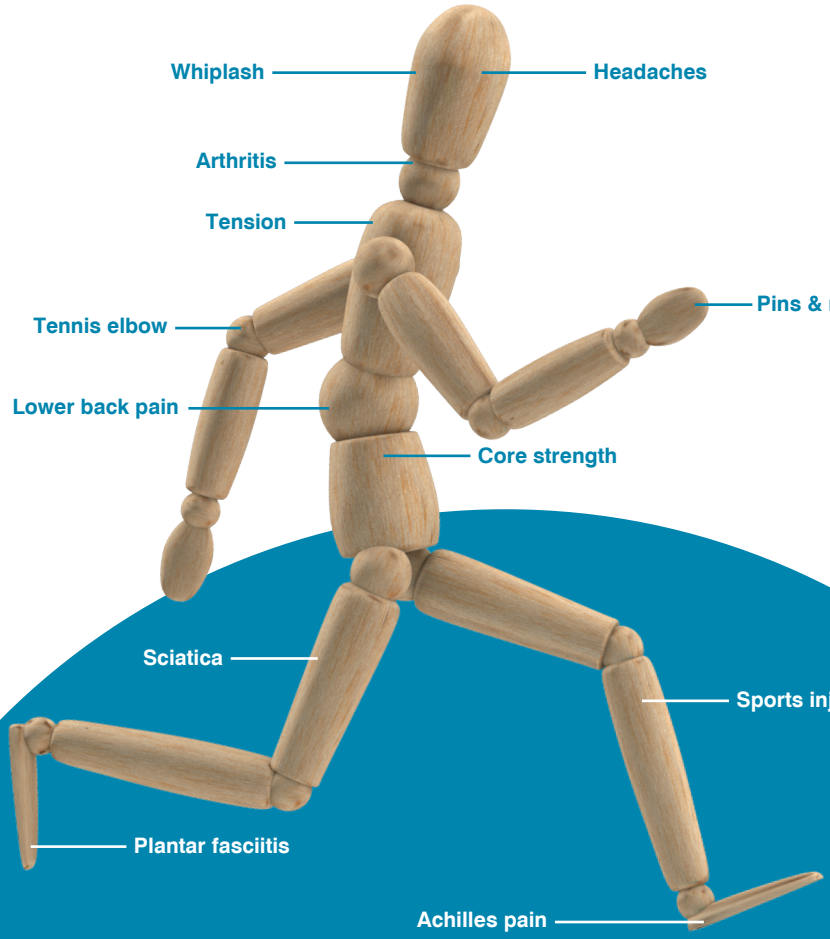
Your appointment will last approximately 40 minutes. We will send you information and any forms you need to complete before your appointment. Please ensure these are completed online or bring them with you.

Your physiotherapist will advise you in managing your own recovery. Research has shown that for most conditions, treatments work best when combined with appropriate home exercises.

What should I bring?

Shorts or a vest (as you may be required to undress), a list of current medication and medical history and any private health insurance details.

What we can help with...



Physiotherapists use many techniques and modalities that each have their own side effects and contraindications. It is therefore important that you disclose all current and previous medical history. If you are unsure if physiotherapy is suitable then please ask us any questions before your visit.

Treatments may include:

- **Exercises** - to help increase flexibility and strengthen muscles
- **Mobilisation/manipulation** - to reduce pain and increase movement
- **Soft tissue techniques** - aimed at muscles, ligaments or tendons
- **Modalities** - specialised equipment to improve healing and pain
- **Acupuncture** - needle technique to reduce pain and relax muscles

5.

JOINTS & POINTS & THE NHS

Premier Joints & Points – the name for top quality physiotherapy treatment under the NHS.

Joints & Points provide NHS physiotherapy as Premier Joints & Points to all patients registered with a Wirral GP.

This service has been running for 2 years and we work with all Wirral GP practices to enable you to attend any of our clinics at a time and location to suit you.

These changes are all about you – giving you the choice of where you get treatment and when. It's covered under the NHS so the treatment is FREE at the point of contact.

We maintain high standards in terms of skills, treatment and data protection and all of our physiotherapists are registered with the HCPC. So you can rest assured that you are receiving the very best treatment when you see us via your GP.

How do I get referred?

Have a chat with your GP. If they think physiotherapy will help your condition, ask them to refer you to Premier Joints & Points.

If your GP is unsure how to do this (sometimes you'll see a new GP or a locum), then the Practice Manger can do this for you.

If your GP thinks your problem is urgent then a referral will be sent either by fax to us or by email. We can then offer you appointment within a couple of days.

If your GP thinks you can wait then you will still be referred but will not be offered an appointment for a minimum of 6 weeks. You will be offered advice and exercise by your GP.

We don't operate a waiting list and we open from 8am all the way up to 9pm weekdays plus Saturdays.

THE BENEFITS OF USING JOINTS & POINTS:

Access to Chartered Physiotherapists
With specialities such as sports medicine, acupuncture, pilates and occupational health, our team is highly experienced in a range of fields

A choice of convenient locations
With practices across Merseyside, you can make appointments that can be close to your home, school or work

Extended opening hours
We can see you from 8am until 9pm, and at weekends.

No waiting lists

Home visits
If you can't get to us, we'll come to you!

Bebington Kings Lane Medical Centre, 25 Brackenwood Road, Wirral, Merseyside. CH63 2LR

Prenton Prenton Medical Centre, 516-518 Woodchurch Road, Prenton. CH43 0TS

Bromborough 1 The Rake, Bromborough, Wirral CH62 7AE

Claughton Claughton Medical Centre, 161 Park Road North, Birkenhead. CH41 0DD

Ellesmere Port 82a Whitby Road, Ellesmere Port, Merseyside. CH65 0AA

Heswall 270 Telegraph Road CH60 7SG

Hoylake 2 The Row, Market Street, Hoylake. CH47 3BB

Moreton Moreton Cross Group Practice, Pasture Road Moreton. CH46 8SA

Liverpool Studio 2A, Wavertree Boulevard South Liverpool L7 9PF

Wallasey Victoria Central Health Centre, Mill Lane, Wallasey. CH44 5UF

Wigan Hindley Business Centre, 112 - 114 Market Street, Hindley, Wigan WN2 3AY

7.

SPORTS MASSAGE

Sports and Deep Tissue massage is the methodical manipulation of muscles and other soft tissues for the relief of discomfort and tension within the body. This is achieved by using deep stroking techniques with pressures, frictions and stretching.

Effects of massage...

Sports and Deep Tissue Massage helps your body to feel better, alleviating stress, which permits your body to function better, move freely and helps to prevent injuries.

Our treatments offer many benefits in general day to day life - it is not only for those who participate in or compete in Sport.

A session with one of our therapists can help to correct poor posture, improve circulation, reduce stress, improve flexibility and boost immune function.

We treat...

Postural pain | Stress & Anxiety Back pain | Sports Injuries | Muscles Tears | Headaches and Tension | Insomnia |

Some of the techniques our therapists may select to help give you the best possible results:

Remedial/Deep Tissue Massage

Muscle Energy Technique

Soft Tissue Release

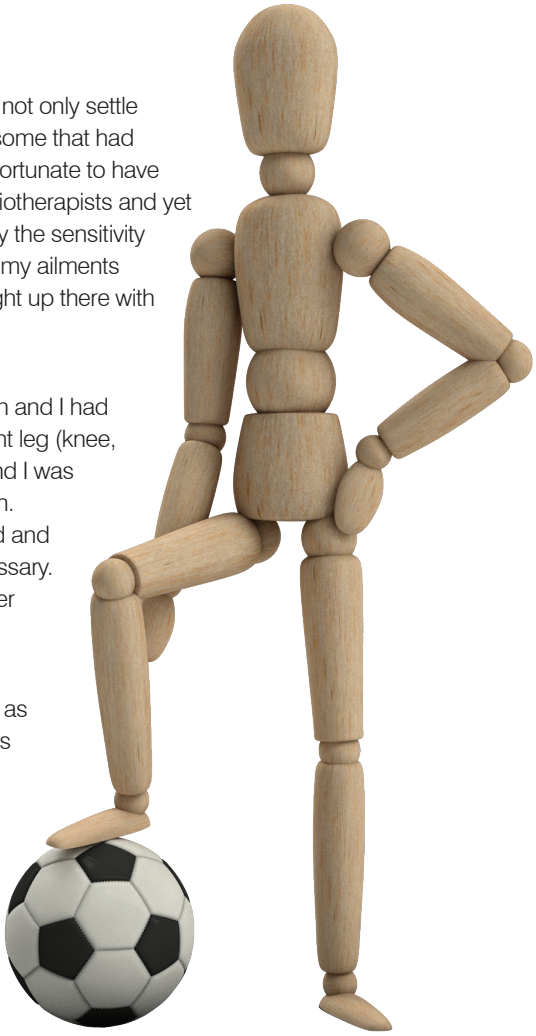
Myofascial Release

A slow deep soft tissue technique that looks at re-aligning structural balance by manipulating the bodies Connective Tissue (Fascia).

Trigger Point Therapy

When a muscle is either held in a position that it is uncomfortable with or it is forcefully contracted beyond its range, a muscular trigger point can develop.

This small band of contracted muscle tissue can lead to a restricted range and ability of the muscle to contract.



“ Oli would place his hands on my legs and not only settle any new aches or pains, but also find and cure some that had been lingering for quite some time. I have been fortunate to have experienced the talents of many top sports physiotherapists and yet I found that Oli has the knowledge and especially the sensitivity that tackled even the most demanding of any of my ailments In my own personal experience Oli is certainly right up there with the very best” **Konrad Bartelski - GB Skier**

“ “Deep into training for my first full marathon and I had been running through a pain going down my right leg (knee, groin and hamstring). It was not getting better and I was doubting whether I would be able to enter the run. I saw Oli last night and feel completely revitalised and able to carry on. Treatment was painful but necessary. Cannot recommend highly enough, best £40 ever spent! **Simon - UK What Clinic**

“ “Sports massage with Oli today - amazing as always! The least painful yet most effective sports massages I’ve had - fully recommended!
Beth - Wirral

9.

ACUPUNCTURE

Acupuncture may be offered to you as part of your course of physiotherapy. Acupuncture is one of a number of different types of treatment that the physiotherapist can offer alongside others such as exercise, joint mobilisation and general rehabilitation to relieve pain and help you return to good health.

What is Acupuncture?

Acupuncture is the insertion of needles into specific points within the body.

Scientific research has examined the effectiveness of acupuncture in various conditions with increasing support, particularly in the management of pain. Acupuncture combined with physiotherapy is now widely accepted within the NHS and private practice.

Your physiotherapist will use sterile, single-use needles. Acupuncture needling should not be painful, although some people do experience a pinprick or scratch-like sensation. Once the needles are in place you may feel a mild ache, numbness, warm or heavy sensation at and around the needle.

This should not be unpleasant. This is a sign that the body's in-built pain relieving mechanisms are being activated.

When is it appropriate?

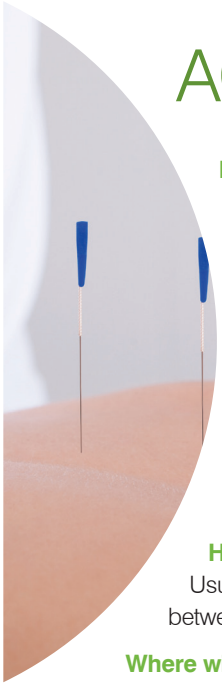
Following careful assessment, acupuncture will be suggested if your physiotherapist believes that it may help improve the effectiveness of your overall treatment.

When it is is not appropriate to use acupuncture treatment

There are certain circumstances where acupuncture should not be used. If you have a known metal allergy, specifically stainless steel, a needle phobia, seizures, active cancer or if you have a known infection in the area to be treated.

When should acupuncture be used with caution?

You should inform us if you have haemophilia, you are pregnant, suffer from epilepsy, have a deficient/weakened immune system, have a heart pace maker, are taking anticoagulation (blood thinning) medicine, have a blood-borne virus, or are diabetic.



ACUPUNCTURE FAQs...

Does Acupuncture work?

Yes, but it does not work for all. Everyone is different and it is one of the strengths of acupuncture that we treat people individually to get better results

How many needles will be used?

Most commonly a treatment will involve the insertion of between 2 and 16 needles

How long are the needles in for?

Usually needles will be in place for between 10-30 minutes.

Where will needles be placed?

Around the painful area, away from it (hands or feet) or on the opposite side of the body. Recent research suggests that needling away from an area of pain is effective. This can be particularly useful if you feel the painful area is too sensitive.

How many treatments are needed?

The frequency and number of treatments depend on the specific condition and how you respond to therapy. Research suggests that for a long-standing condition such as low back pain or osteoarthritis, a course of 6–10 treatments are required to achieve the best results. If your symptoms remain the same after these are completed it is unlikely that acupuncture will help you.

Is it Safe?

Acupuncture is safer than many drug treatments used. However, any procedure that involves inserting needles into the body has some potential problems. Acupuncture has been known to produce some side effects in certain people.

Minor side effects:

- Drowsiness following treatment
- Fainting, feeling faint
- Bleeding/bruising at the needle site
- Temporary pain increase

Serious side effects (very rare)

- Damage to an internal organ
- Infection
- Injury to nerves
- Premature labour in pregnancy

More information can be found on the AACP website – acupuncture association of chartered physiotherapists. www.aacp.org.uk

11.

TALKING THERAPY SERVICE

Sometimes it might help to share a concern or a problem with a person who understands

What is counselling?

The process that occurs when a client and counsellor set aside time in order to explore difficulties which may include the stressful or emotional feelings of the client. The act of helping the client to see things more clearly, possibly from a different viewpoint. This can enable the client to focus on feelings, experiences or behaviour, with a goal to facilitating positive change.

A relationship of trust, Confidentiality is paramount to successful counselling.
Our Professional counsellors will usually explain their policy on confidentiality, they may, however, be required by law to disclose information if they believe that there is a risk to life.

Joints & Points Healthcare

we keep you working

The British Psychological Society

BABCP
www.babcp.com

professional™ standards authority
accredited register

bacp REGISTERED
058940
Registered Member

We offer several types of therapy to suit different clients and issues

Cognitive Behavioural Therapy (CBT) | Person Centred Therapy | Psychotherapy | Emotional & Psychological Trauma | Post Traumatic Amnesia | Exposure Therapy | Solution Focus Therapy | EMDR Therapy | Visual Imagery Mindfulness

The highest quality counselling

All Our Counselling Psychotherapists are fully qualified and are dedicated to developing their professional development.

All of our counselling Psychotherapists undergo clinical monthly supervision to ensure that their practice is safe and within ethical guidelines.

All at a time to suit you

The Counselling service is able to see clients in any one of our clinics across the Wirral.

We offer a highly professional standard of service and are able to carry out full psychological counselling assessment within 12 hours with a view to offering treatment within 48 hours.

Clinics at Bromborough, Liverpool, Hoylake, Wigan and Ellesmere Port.

tel **0344 415 4895**
email **barry@jointsandpoints.co.uk**

13.

REFLEXOLOGY

Reflexology can be used to ease the stresses of everyday life in a healthy way, and can provide health-giving benefits for everyone.

What is reflexology?

Reflexology is the application of pressure techniques to the feet or hands to affect another part of the body.

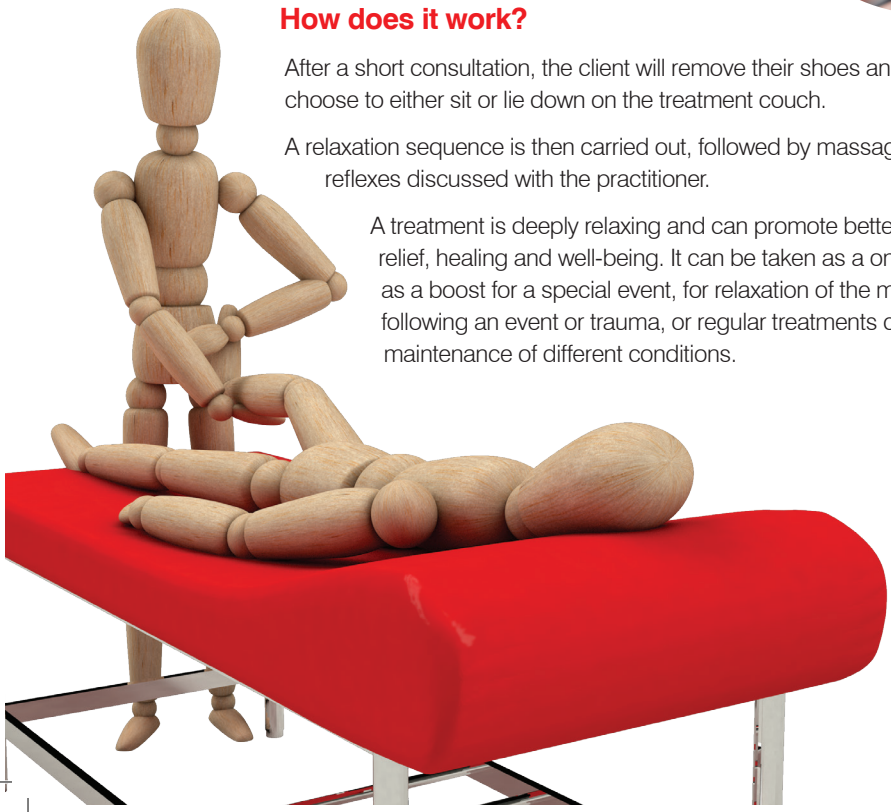
Different pressure techniques are applied to stimulate corresponding reflex areas in the body to produce a beneficial response for the mind and body.

How does it work?

After a short consultation, the client will remove their shoes and socks and will choose to either sit or lie down on the treatment couch.

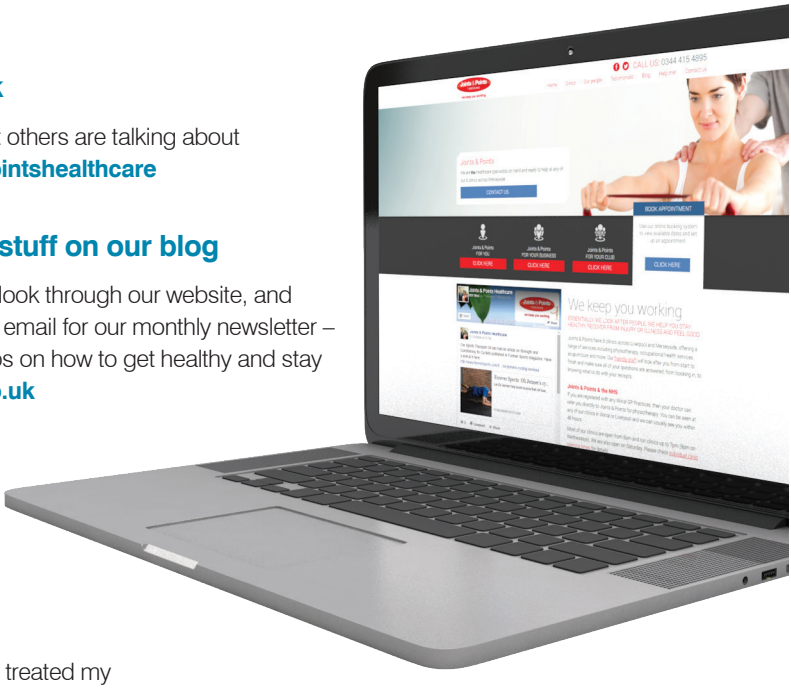
A relaxation sequence is then carried out, followed by massage to specific reflexes discussed with the practitioner.

A treatment is deeply relaxing and can promote better sleep, pain relief, healing and well-being. It can be taken as a one-off treatment as a boost for a special event, for relaxation of the mind and body following an event or trauma, or regular treatments can be taken for maintenance of different conditions.



RATE US; TALK TO US; ASK US A QUESTION

There are a number of ways that you can find out more and get advice and help from our team of professionals



Find us on Facebook

Ask for advice and see what others are talking about facebook.com/**jointsandpointshealthcare**

Find out some great stuff on our blog

Send us an email or have a look through our website, and don't forget to leave us your email for our monthly newsletter – packed with lots of useful tips on how to get healthy and stay healthy **jointsandpoints.co.uk**

Leave a comment

Let us know if we do things well – these recent patients have….

"Almas diagnosed and treated my complaint in a professional and friendly manner and is a credit to Joints and Points"
Frank Gill - Hoylake

"This has been a terrific service experience. The treatment has had a big impact, although not completely gone the improvement is very positive"
Vicky Phillips-Jones - Claughton

"Friendly and knowledgeable physio who was very encouraging, understanding and supportive. Quicker recovery than I anticipated"
Vicky Tierney - Bromborough

15.

STRENGTH & CONDITIONING

As Sports Therapists, our goal is to get your body feeling and functioning at its optimum level. Sports Therapy is not just for Elite athletes; everyone can benefit from it! If you have or do suffer from aches and pains, then don't suffer in silence. Many problems can be cleared up in one or two sessions and you can get back to feeling how you should - how you're meant to!

The Strength and Conditioning plan

As well as offering a Soft tissue program, our Sports Therapists also can provide you with a Strength and Conditioning plan. Our Philosophy when it comes to Strength and Conditioning is to integrate all the components of fitness, to help you achieve your highest levels of performance.

UNDERSTANDING YOUR FITNESS

Nine components of fitness have been identified and it is the job of the Strength and Conditioning coach to integrate these elements with the individual's sport or activity, giving you the very best chance of achieving your goals effectively, efficiently and safely.

Strength
How much force a muscle can exert when contracting under load

Power
The combination of strength and speed to produce a maximum muscular contraction in an instant

Agility
The ability to perform a series of co-ordinated movements in quick succession in multiple directions

Balance
Joint position sense and proprioception is the ability to control the body or parts of the body either statically or dynamically

Flexibility
The ability to move joints through a full range of motion without excessive resistance from other tissues

Local Muscle Endurance
A muscle or group of muscle's ability to perform work over an extended period

Cardiovascular Endurance
The heart and lungs' ability to oxygenate the body's muscles

Strength Endurance
A muscle's ability to perform maximum contractions time after time

Co-ordination
The ability to integrate all of the above components in to effective and meaningful movements

To ensure performance gains, our Strength & Conditioning Coaches are rigorous in evaluating and monitoring technique and improvements. We are not just there to just count the reps and let you get away with poor technique. We analyse every element of the session, help correct your technique and modify things accordingly.

Every client is different with different objectives. Based on needs analysis and guided by technical, medical and scientific input, our Strength & Conditioning coaches deliver individualised programs and support for each client.

RETAIL ITEMS *Available at Joints & Points*

At Joints & Points, we can supply a range of products for you, your home and your office. From sports rubs, tapes and supports, through to exercise equipment and heat packs.

Plus for your home office, car or workplace we assess and supply a vast range of equipment including ergonomic chairs, height adjustable desks, car seat cushions, mice, document holders and much more.

Microwaveable wheat bag

Wheat bags are a gentle way of soothing aches and pains, rheumatism, arthritis, migraines, bruising, sports injuries and stress tension. Simply pop in the microwave.

Wobble Cushion

Stand on it to improve your balance and reflexes - great after ankle and knee sprains.

Sit on it to give your core a work out (great for long days in the office!).

Hot/cold gel packs

Fantastically versatile, our hot/cold gel packs can be either warmed in the microwave or cooled in the freezer.

When warmed, the pack helps to ease muscle tension and increase blood flow to the area. When cooled, the pack helps to reduce swelling and reduce blood flow.

Ice Power Cold Gel

One gel with many uses! Ice Power Cold Gel can be used to ease discomfort caused by growing and rheumatic pain, sore and tense muscles, bruises, swelling and much more. The gel has an instant effect, immediately decreasing the skin's surface temperature by approximately 7 degrees.

MoogWax Massage Wax

Containing natural ingredients such as English beeswax and vitamin E, MoogWax is a solid wax that melts on your finger tips and leaves skin feeling soft and supple. The wax has been developed to provide the perfect medium for the right amount of friction for deep tissue and therapeutic massage.

Podotech Gel Heel Cups

Podotech gel heel cups are designed to provide shock absorption and cushioning for the heel. Perfect for people who are on their feet all day, or those who suffer with heel spurs and plantar fasciitis.

Foam Roller

Similar to our massage balls, foam rollers are also designed to aid self-massage. Soft and firm, the foam roller can be used to treat larger areas such as whole limbs and lower back.

Gym Ball

Gym balls are good 'all-rounders' which can be used to help tone, stretch and strengthen many parts of the body, mainly the core, by using a number of different exercises.

Massage Balls

Our spiky massage balls are designed to aid self-massage. Soft, yet firm, when applied to problem areas the ball helps to stimulate muscle reflexes to ease stiffness and tension, and stimulate circulation.

Ice Pack

The easy to use ice pack does not require pre freezing. Squeeze and shake to activate, the soothing, cooling effects last approximately 30 minutes. Ideal to use when travelling.

RETAIL ITEMS *Available at Joints & Points*

Neck Care System

For the recovery of back/ neck problems, a correct sleeping position is a must.

The orthopaedic memory foam pillow provides support to the head and neck, while helping to relieve pressure.

K Tape

K Tape is designed to reduce swelling, promote healing and provide pain relief by using it's elasticity to effectively lift skin away from problem tissue, which allows for better blood flow and drainage. Depending on application, K Tape can also help to realign and support problem joints.

Naqi Warming Gel

The gel stimulates the circulation to affected area, and protects against cold without impeding the skin's normal functions. Comes in three strengths; Warm 1 – gentle heat for sensitive skin, Warm 2 – pleasant heat that slightly reddens skin, and Warm 3 – intense heat which leaves skin very red, ideally for extremely cold weather conditions.

Physio Body Wrap

Filled with lavender and wheat, the physio body wrap straps can be adjusted to soothe aches and pains almost anywhere on the body.

The reusable wrap can also be cooled to treat swelling/inflammation.

Serola Belt

A lot of lower back pain originates from the sacroiliac joint, located in the pelvis.

The Serola Belt provides immediate relief and support to this region to allow the body to repair itself. Ideal for those working in a physically demanding environment.

Thera-Band

Thera-Band is designed to strengthen/tone muscle in a rehabilitation setting, in place of free weights. Depending on the desired outcome and individual's ability, a range of increasing, colour coded resistances are available.

Zinc Oxide Tape

This tape is used to restrict movement in an area where there is injury. The inelastic nature of the tape immobilises joints to restrict further injury and to give the body time to heal itself.

Car seat support with memory foam

Made from memory foam, this car seat support fits on the lower part of the seat towards the lumbar region and moulds to the shape and motion of the user's body. Accommodates all car seat sizes and holds the support securely in place eliminating the need for adjustment.

In Car Back Support

The next best thing to a custom made car seat! With a memory foam filling, the support moulds as you move, providing essential support, comfort and protection for your back.

Ergonomic vertical mouse

The vertical position of the hand and the ergonomic angle of the resting surface promotes a more comfortable user solution. Especially helpful for people who work long hours at a computer. Helps with wrist and shoulder pains.

Height adjustable desk

Height adjustable desks provide many benefits for office users. They can help the user's alertness, concentration and productivity, as well as improve their blood circulation and relieve muscle ache caused by static posture.

Ergonomic office chairs

An ergonomically designed office chair can be an invaluable investment for treating many facets of pain and muscle relief by offering comfort and stability.

LOCATIONS

When?

We offer appointments 8am-9pm weekdays along with Saturday appointments.

We don't have a waiting list and we will strive to see you within 48 hours.

Where?

Bebington - Bromborough - Claughton
Ellesmere Port - Heswall - Hoylake - Liverpool
Moreton - Prenton - Wallasey - Wigan

Joints & Points Healthcare

we keep you working

Joints & Points Healthcare Ltd.
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