

GP Referral

At motive8 we believe that quick treatment is the key to a quick recovery. One way we achieve this is to offer GP Surgeries, an in-house private clinic to which patients can go to treat their injuries quickly or to get the knowledge and tools to manage their injury effectively until they are passed to NHS Physiotherapy. We can also offer a funded service to practices that have the funds available.

Treatment modalities offered and type of pathologies treated

The initial assessment consists of a 45min to 1 hour assessment involving medical history taking, postural analysis, gait analysis (where appropriate), joint and muscle range of movement (R.O.M.) assessment, functional analysis and specialised tests. A short treatment is usually administered at the end of the assessments.

Treatment modalities used are a combination of joint mobilisations, soft tissue work, passive stretching, postural correction and gait re-education. Patients are taken through rehabilitation exercises (including some Pilates exercises) and are provided with home exercise programmes which include general strengthening and flexibility exercises.

The types of pathologies treated are:

- Restricted R.O.M at joints
- Muscle strains/sprains & ligamentous injuries
- Post-fracture rehabilitation
- Back pain and pathologies
- Arthritic conditions
- Poor balance and proprioception

We can offer 1:1 treatments and group classes for a wide range of different groups:

- Back Care
- Pre/Post Op Knee Strengthening
- Pre/Post Op Shoulder Strengthening
- Ante/Post Natal

We also believe that exercise is often the best medicine and we offer workshops, classes and 1:1 training to help tackle some of the following conditions:

- Loss of flexibility
- High BP
- High cholesterol
- Obesity
- Stress

For more information on becoming a referral partner to motive8, or having a motive8 clinic within your practice, please contact us at info@m8group.co.uk.

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