



heads up!
Stroke & Neurological Physiotherapy

call **01306 888171**

or email **enquiries@headsup.co.uk**

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specialist private neurological
physiotherapy out-patient
practice covering London,
Surrey, Sussex and Kent



We treat patients with a wide range of neurological conditions, including:

- **strokes (recent and long-term) ● Parkinson's ● multiple sclerosis ● balance problems**
- **spinal cord injuries ● brain injuries ● cerebral palsy ● vestibular problems or disorders**
- **other neurological conditions**

Most of our patients come to one of the clinics for treatment, however in some cases one of our specialist neurological physiotherapists may be able to visit you at home or nursing home.

All our facilities are wheelchair accessible and include ample free parking adjacent to the clinics.

To find out more about where we are please visit headsup.co.uk

with our specialist treatment we aim to restore confidence, make movement easier and maximise independence

Almost everything people do depends on being able to move. Having movement problems can mean that we lose some of our independence and need to rely more on others. People with any degree of movement and balance difficulties will benefit from our specialist treatment.

Our treatment is hands on and designed to help with movement difficulties, stiffness, weakness, balance problems and for those who have lost confidence in walking. Together with the patient, family and carers we identify problem areas and devise a plan of how to work towards obtaining the best functional outcome.

Treatment programmes are supported by exercises and activities to practice at home whenever possible. We give advice and encouragement about the best possible way of maximising potential recovery.



why we can help

- ✓ Having a neurological problem is frustrating and upsetting. You will get reassurance, guidance and support from us as well as treatment
- ✓ We mainly use the Bobath approach, which we believe is the most effective way to treat neurological conditions. Because it's so hands on and tailored to each individual's needs, it gets much better results
- ✓ We only treat neurological problems and this is where our expertise lies
- ✓ We have all completed post-graduate training in neurological physiotherapy
- ✓ We are all committed to on-going training so that we can keep abreast of new techniques and the latest developments
- ✓ As a team, we support and learn from each other so there's always someone to ask if we need fresh input on a particular problem
- ✓ Established since 1997, we have grown to become one of the largest neurological physiotherapy practices in the country, always giving our patients the support and personal attention they need.

To book an appointment or talk to a physiotherapist please call Sally Watt, Practice Manager on 01306 888 171 or email enquiries@headsup.co.uk

Visit our website headsup.co.uk for further information and read our patient stories, to find out how our team of specialist neuro physiotherapists has helped them.

South Holmwood

9 Warwick Rd
South Holmwood
Dorking
Surrey
RH5 4NP
01306 888171

Kingston

New Victoria Hospital
184-188 Coombe Lane West
Kingston Upon Thames
Surrey
KT2 7EG
01306 888171

Sevenoaks

Manor Clinic
165 High Street
Sevenoaks
Kent
TN13 1XJ
01306 888171

Roger Hale, Parkinson's patient
"I feel my quality of life has been upheld as much as possible. The team know their patients' abilities and needs, and they are able to guide patients in a very professional way."

John Claydon, stroke patient
"I still have a way to go but I am so glad we found heads up! Without them I would not have made the improvements I have today."

Hannah Hilary, cerebral palsy patient
"My specialist neurological physiotherapist worked extremely hard to support me and get me mobile again to which I cannot thank her enough."