

## > THE CLINIC

**Limb Therapy** is a unique, sports injury practice dedicated to the prevention, diagnosis, treatment and rehabilitation of sports injuries and musculoskeletal problems.

We offer Podiatry, Sports Massage and Deep tissue Massage, Physiotherapy, and advice and running injury treatments for runners. Video gait analysis and biomechanical evaluations for custom fitted prescription orthotics can also be carried out at our clinic.

The clinic is suitable for anyone from all walks of life, from children through to the elderly and has a particular interest in runners, athletes and recreational sports enthusiasts.



## > PODIATRIST

Dr. Gillian Duncan

*PhD, BSc (Podiatry), HPC registered,  
Member of the Society of Chiropractors  
and Podiatrists, BUPA registered*

## > MASSAGE THERAPIST

Melinda Plewa

*RMT (Diploma in Remedial and Sports Massage),  
DSM (diploma in Swedish Massage), DIR Diploma  
in Reflexology, SMTA (member of the Scottish  
Massage Therapists Organisation)*

## > PHYSIOTHERAPIST

Dr. Kelli Strobel

*Doctor of Physical Therapy, Member of the  
Chartered Society of Physiotherapists,  
HPC registered, B.S. Kinesiology*



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AT **LIMB THERAPY**, WE AIM  
TO DIAGNOSE AND TREAT  
THE UNDERLYING CAUSE  
OF YOUR PAIN OR INJURY,  
NOT JUST THE SYMPTOMS.

- > **PODIATRY**
- > **MASSAGE THERAPY**
- > **PHYSIOTHERAPY**



## > PODIATRY

*Do you suffer from tired sore and aching feet?*

*Do you feel discomfort in your hips and lower back?*

*Do your knees hurt especially when walking downhill?*

*Are your shins painful when exercising?*

If you answer yes to one or more of these questions then you need to see our Podiatrist at **Limb Therapy**. Frequently athletes, both competitive and recreational suffer from recurrent or chronic overuse symptoms at the hips, knees, ankles and feet. At **Limb Therapy** we carry out gait analyses (looking at the way we walk) to observe for any structural deviations between the foot, the lower limb and the rest of the body during walking and running.

Podiatry is a field of medicine that strives to improve the overall health and well being of patients by focusing on preventing, diagnosing, and treating conditions associated with the foot, leg and ankle.



## > MASSAGE THERAPY IN SPORTS

Pre Event

- Gets muscles primed for work
- Muscles become less susceptible to injury
- Aids concentration
- Allows muscles to recover more quickly

Post Event

- Minimizes painful spasms and stiffness
- If injuries do occur, healing is quicker
- Helps athlete to de-stress after exertion

By incorporating regular sports massage into a health maintenance programme no matter what level of ability an athlete has achieved, performance can be enhanced and maintained.

Tight, stiff and tired muscles can be uniformly stretched out thus reducing spasms and improving blood circulation to the area. This means waste products such as lactic acid are expelled more quickly. Once eliminated of these toxins, the body starts to heal itself and rest and relaxation aid a pain free recovery.



## > PHYSIOTHERAPY

Treatments include, but are not limited to:

Manual Therapy

- Joint and soft tissue mobilisation
- Muscle Energy Techniques
- Active and Passive stretching

Personalised Exercise

- Foam Roller
- Swiss Ball

Functional Retraining

- Posture in standing and sitting
- Movement analysis

Conditions Treated

- Low Back Pain
- Headaches
- Numbness/Tingling into arms or legs
- Upper and lower extremity joint pain

