

We provide a comprehensive service from initial assessment and diagnosis through to complete rehabilitation.

Following a thorough assessment of your condition, an explanation of the problem will be given. Our Chartered Physiotherapist will discuss treatment options with you and together we will plan your care.

Our team of 17 Chartered Physiotherapists are highly specialised. We offer a wide variety of physiotherapy services in the following areas:

### ***Musculoskeletal***

- Sports injuries
- Orthopaedic rehabilitation following surgery
- Back & neck pain
- Rheumatology & arthritis
- Orthotics prescription for adults/children
- Occupational health & manual handling advice
- Pilates: classes & individual rehabilitation
- Exercise prescription specifically tailored for osteoporosis & diabetes & weight management

### ***Neurology***

- Rehabilitation for a wide range of neurology conditions such as stroke, multiple sclerosis & parkinson's disease
- Mobility & balance difficulties
- Exercise prescription and education classes for falls prevention
- Facial palsy
- Vestibular rehabilitation for vertigo

### ***Respiratory***

- Respiratory Physiotherapy for a wide range of respiratory diseases such as COPD, Bronchiectasis & asthma
  - Breathlessness
  - Pulmonary Rehabilitation: supervised exercise classes & education
- \*(GP or Consultant referral needed)

### ***Women's Health***

- Antenatal & postnatal musculoskeletal problems & incontinence
- Assessment and management of pelvic pain

### ***Incontinence***

- Urinary incontinence -male & female
- Faecal incontinence -male & female (GP or Consultant referral needed)
- Overactive bladder
- Pelvic floor muscle re-education

### ***Cardiology***

- Cardiac Rehabilitation: supervised exercise classes & education  
\*(consultant Cardiologist referral needed)

### ***Phototherapy***

- Phototherapy – UVA/UVB for psoriasis and other skin conditions  
\*(Consultant Dermatologist referral needed).

The Bons Secours Physiotherapy Service is committed to high quality patient care. We have large modern physiotherapy facilities and liaise closely with consultants and GP's to meet individual patient needs. Our programmes aim to restore and increase your level of health and fitness. We strive to enhance your safe return to work, sport and recreation.

### ***Making an Appointment***

- For appointments or further information please call our receptionist @ 021 4801630 or email [physio@cork.bonsecours.ie](mailto:physio@cork.bonsecours.ie)
- No Referral needed for Consultation with a Chartered Physiotherapist (\*except for specialist services noted earlier )
- Early morning & evening appointments available
- We endeavour to offer an appointment within 48 hours

**Bon Secours Physiotherapy Department**  
**Bon Secours Hospital, College Rd, Cork**

**Telephone 021 4801630 Fax 021 4801623**  
**Email [physio@bonsecours.ie](mailto:physio@bonsecours.ie)**