

Onward Referrals

Should you require additional diagnostic tests such as X-ray and MRI, or onward referral to a specialist physician or surgeon, the Physiotherapy Department is able to offer you the convenience of direct access to associate specialties available at London Bridge Hospital.

An internationally renowned team of Sports Physicians and Consultant Orthopaedic Surgeons also operate from the hospital.

Inpatient Treatment

Our Physiotherapy Team provides treatment for patients who have undergone a wide range of procedures including cardiac, orthopaedic and neurological surgery. Patients receive appropriate treatment and rehabilitation and, in preparation for their discharge, are given advice and a programme of exercises. Local patients may then continue physiotherapy on an outpatient basis.

EASE OF ACCESS

You may refer yourself directly to the Physiotherapy Department or via your Consultant or GP.

We are recognised by all major insurance companies. However, we advise you to check the level, scope and referral requirements of your cover before undergoing treatment.

CONTACT

Open Monday to Friday (7.30am to 7.30pm)

Tel: 020 7234 2500

Fax: 020 7234 2815

Email: info.lbh@hcahealthcare.co.uk

Website: www.londonbridgehospital.com



HOW TO FIND US:

London Bridge Hospital is situated on the South Bank of the Thames. We are next to London Bridge mainline and underground stations with easy access to the City. Please note: no right hand turn from Borough High Street into Duke Street Hill.



London Bridge Hospital

27-29 Tooley Street, London SE1 2PR
Tel: 020 7407 3100 Fax: 020 7407 3162
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PHYSIOTHERAPY 
at London Bridge Hospital



Whether your injury is sports related, work related, or if you have recently undergone surgery, diagnosis and treatment of the underlying causes of your pain is essential.

Human movement is central to health and wellbeing. At London Bridge Hospital our Physiotherapy Team are dedicated to providing expert treatment with professional training in anatomy, biomechanics and physiology.

BACKGROUND

Physiotherapy is the treatment of injury and dysfunction, through the enhancement of the body's own natural healing mechanisms.

Chartered Physiotherapists are experts in human movement, with professional training in anatomy, biomechanics and physiology. They are skilled at discovering and treating the underlying causes of pain.

At London Bridge Hospital, we have a committed team of highly experienced Chartered and HPC Registered Physiotherapists. Their wide range of postgraduate special skills enable them to provide the appropriate treatment – whether a problem is post surgical, work related, or a sporting injury.

Our aim is to provide comprehensive assessment and diagnosis of your individual problem, followed by a course of treatment tailored to your needs. This may include manual therapy, soft tissue massage, electrotherapy or accelerated rehabilitation in our state-of-the-art multi-sport gymnasium.

OUR SERVICES

Manipulation and Mobilisation Techniques

These can be used to enhance pain relief and restore movement and function in all joints.

Postural Advice

All our physiotherapists are able to advise you on appropriate workstation set-up, ensuring you do not aggravate your condition with poor posture.

Soft Tissue and Sports Injuries

Our specialist skills in the treatment and early rehabilitation of sports injuries ensure a prompt return to fitness for both recreational and elite sports people.



Multi-sport Gymnasium

Our gym contains the latest state-of-the-art equipment including high performance treadmills, cycles, rowing ergometers, pilates reformers, weight stations and specialist rehabilitation equipment.

Isokinetic Testing and Evaluation

We offer comprehensive strength testing, including detailed printouts and analysis of specific muscle groups. This provides excellent assessment of function as well as being a useful rehabilitation tool and providing a regular update on progress as it occurs.

Clinical Pilates

Many of our physiotherapists are qualified to teach pilates as part of a treatment programme.

UVB Phototherapy

Dermatological conditions such as psoriasis can be effectively treated using our specialised Narrowband UVB Unit.