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

Human movement is central to health and wellbeing. Our team at HCA Healthcare UK at The Shard are dedicated to providing expert treatment with professional training in anatomy, biomechanics and physiology.
Physiotherapy is the treatment of injury and dysfunction, to help reduce pain and restore the body back to full function.

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 HCA Healthcare UK at The Shard, we have a committed team of highly experienced Chartered and HCPC registered physiotherapists. Their wide range of postgraduate specialist 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. Treatments provided include manual therapy, soft tissue massage, acupuncture, and exercises. The clinic also has a state-of-the-art multi-sport gymnasium for accelerated rehabilitation.
OUR SERVICES

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

Postural Advice
We also have an ergonomic assessment room where our physiotherapists can assess your sitting and standing posture related to your work environment.

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 a gait analysis treadmill, watt bike, functional trainers, TRX equipment and Pilates reformer machines. The gym also houses an Alter-G anti-gravity treadmill, for use in patients returning to ambulation while unable to fully weight bear.

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

Acupuncture
Many of our physiotherapists are trained in acupuncture for pain relief and dry needling.

UVB Phototherapy
Dermatological conditions such as psoriasis can be effectively treated using our specialised Narrowband UVB Units.
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 Team is able to offer you the convenience of direct access to associate specialties available at The Shard.

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 Team 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
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Opening hours:
Monday-Thursday, 7.30am-7.30pm
Friday, 8.00am-5.30pm
HOW TO FIND US: Underground and mainline trains come into London Bridge station, which is directly next to The Shard and a short journey from other major transport hubs in London. The nearest car parking is available at NCP London Bridge and Jubilee Place Car Park. The Shard sits within London’s Congestion Charge zone. Visit www.tfl.gov.uk for more information. Our entrance is located next to the Shangri-La Hotel entrance at street level.