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COMMON MYTHS AROUND PHYSIO

I HAVE BACK PAIN, I SHOULD SEE A CHIROPRACTOR OR OSTEOPATH

This is a common question – what is the difference between a chiropractor, an osteopath and a physiotherapist? In reality we all work with the musculoskeletal system but have different origins and may work with different methods.

This can also be very therapist dependent, however, as each will choose what works for them. A physiotherapist will often assess to find the cause of the problem, use various treatments methods to help relieve pain and improve movement and instruct rehab exercises that can improve things longer term.

I HAVE BACK PAIN – THIS MEANS I HAVE WEAK GLUTES AND/OR A WEAK CORE

Also here, we first need to determine the cause of the back pain. This can also often be related to high stress levels, poor sleeping patterns and insufficient rest. Although Glute and core strengthening exercises can often help alleviate pain by improving support, this does not necessarily mean that they were weak and the cause of the original pain. Improving back pain is often a bigger picture.

I'M FEELING A LOT OF STIFFNESS, I NEED TO STRETCH MORE

Stretching may temporarily relieve feelings of stiffness, but these are likely to return. It's important to discover the reason for the stiffness – which could be related to muscular imbalances, poor recovery mechanisms and/or stress. Once we've determined this we can make a plan to resolve the stiffness longer term.



Anjolie with a client at one of PhysioMotion's London clinics.

INFLAMMATION IS BAD – THEREFORE I SHOULD ALWAYS TAKE ANTI-INFLAMMATORIES WHEN IN PAIN

Over-the-counter pain killers are fairly innocent, but as you may have read in the small print, also have limits and may have side effects. It's also wise to bear in mind that inflammation is not bad – it is our body's natural healing mechanism after all. If it didn't happen, we would die. So it is not always necessary to 'stop' it or reduce it, but it may be helpful to alleviate some of the symptoms that come along with it.

I HAVE TO BE INJURED OR IN PAIN TO SEE A PHYSIO

People tend to book appointments following an injury and/or when they are in pain. Hence they also often stop or even cancel appointments when they feel better. This is understandable if the cost is high for them, however, this may mean that the initial underlying cause for the injury or pain has not been fully resolved and the problem may re-occur.

Outside of this, physiotherapy can also work from a preventative angle. Are you often seated for work, and would you like help to strengthen postural muscles to prevent overload issues? Are you a runner, and would you like to prevent injury or improve your speed and running pattern? These are also things a physiotherapist can help you with.

I NEED TO SEE A GP BEFORE I CAN SEE A PHYSIO

Although you will need a referral to see an NHS physiotherapist, and insurance providers may require you to speak to an in-house Physio over the phone to approve sessions, private physios can otherwise be booked in with directly, especially if self-paying. Insurance providers may refer you to specific clinics they have contracts with if this is their policy, or may require clinics to be registered with them.

If you are not insured and the NHS waiting list is too long, it may be worth seeking help from a private physio. This also means you will likely be able to get more time and regularity to be seen, which may well help to resolve your issue quicker.

If you have any questions or need help, please do not hesitate to get in touch!



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