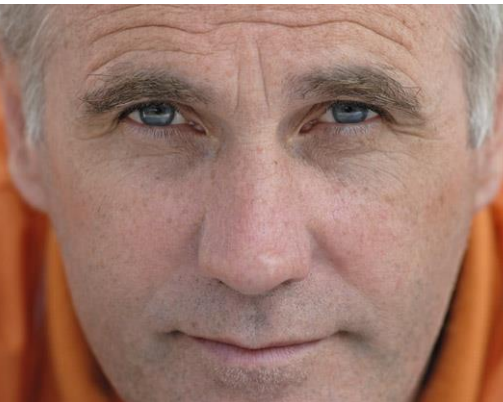




Rehabilitation and
Retraining Trust

Can our Physiotherapy Department help you?



Physiotherapy at PRRT

- PRRT provides a holistic service to improve a client's quality of life and well-being.
- Did you know that we run an out-patient Physiotherapy Service alongside Psychology and Coaching specialities?
- You can attend Maryfield or one of our 17 approved private practice physio clinics across the province.
- Appointments are available within a few weeks of receiving completed paperwork.

Physiotherapy Clinics

Maryfield, Holywood	Lisburn Physiotherapy & Sports Injury Clinic.
The Clinic at the House of Vicryn, Lisburn	Causeway Physio and Pilates, Coleraine.
Active Therapy Clinic, Dollingstown, Lurgan	Back on Track Physiotherapy, Dungannon.
Banbridge Physiotherapy Clinic.	Return to Play Sports Medicine, Enniskillen
The Physio Clinic, Portadown.	Loughshore Physiotherapy, Carrickfergus
Altmore Physio & and Sports Injury Clinic, Dungannon.	Kingsbridge Northwest, Ballykelly.
Omagh Physiotherapy and Sports Injury Clinic.	Culcrow Physio Clinic, Coleraine
Physiofit, Ballyclare	Physio NI, Ballymoney.
Antrim Physiotherapy & Sports Injury Clinic.	Complete Health Physiotherapy, Portrush.

How to access the Service

Who is eligible?

- All retired Police officers and widows.
- All retired Northern Ireland Prison Service (NIPS) officers.

Please contact our Services Admin department on 028 90 427788 or via email at servicesadmin@prrt.org to self-refer.

In addition:

- Serving police officers and police support staff
- Serving NIPS officers
- DoJ staff in the Youth Justice Agency, Northern Ireland Policing Board and Forensics Sciences

You must be referred by Occupational Health or your Human Resources departments to access Physiotherapy. (Certain contract restrictions apply).

What do we treat?

Pain – acute or chronic	Nerve pain/weakness/ dysfunction
Loss of mobility	Pre / post-surgery rehabilitation
Joint problems/stiffness	Loss of movement / function
Muscle /tendon/ cartilage issues	Improving performance
Strength and conditioning	Relaxation techniques
Loss of balance / falls	Sleep
Pacing of activities	Starting physical activity
Goal setting	Muscle weakness
Weight management	Increasing confidence to exercise
Cardiovascular fitness	Ergonomic advice & Education
Gait problems	Postural training
LT Condition management	Any MSK injury

What treatment can we offer?

Advice	Diagnosis	Education
Soft Tissue Therapy / massage / MFR	Manual Therapy / joint mobilisations	Functional rehab / Exercise
Acupuncture	Tai Chi	Ultrasound Therapy
Relaxation Techniques	Mindfulness	Pain management strategies
Gait training	Shockwave Therapy	Laser treatment
Postural Correction	Cognitive Behavioural Skills	Pacing
Return to Fitness	Performance Improvement	Proprioceptive retraining
Condition management	Breathing control	TENS
Goal setting	Strength & Conditioning	Taping / strapping

So ask yourself

- Are you struggling with day to day activities?
- Do you lack motivation?
- Do you have problems sleeping or difficulty relaxing?
- Do you feel that your physical and mental health are affecting each other?
- Are you unsure if physiotherapy can help?

Please contact our Services Admin department on 028 90427788 and ask to speak to a member of the Physiotherapy Team.

We are here to help.