



Grab your mat and take action – Joint Action!

Take an exercise mat, a large gymnastic ball and a few deep breaths. Joint Action has come to Petersfield!

Joint Action is a unique neurological physiotherapy practice that was set up last year in Petersfield to provide treatment at home to adults and children with a wide variety of neurological conditions affecting their mobility, movement and posture: Stroke, Multiple Sclerosis, Cerebral Palsy, Parkinson's disease, etc.

Joint Action combines conventional physiotherapy with yoga postures and breathing. Yoga and physiotherapy complement each other well, as witnessed by the positive response from patients: "I have been having fortnightly sessions with the Joint Action physiotherapist for six months now," says Nigel, aged 30, from

Petersfield, who has Multiple Sclerosis.

"Treatment takes place on the floor of my sitting room. Between sessions I have a programme of exercises and yoga postures that has been specially worked out for my particular needs, which I practise daily. Joint Action's approach is different because it empowers not just the person receiving the treatment but the family and carers as well."

Sometimes a one-off Joint Action consultation of self-help advice is all that is required; others may need more. This will be determined by the physiotherapist after an initial assessment. Either way, patients do not require a doctor's referral. The aim of Joint Action, whatever the problem, is to help people to help themselves.

Call Priscilla Ellis-Canzio MCSP SRP on 01730 895372.