

# Helping you to help yourself

**H**elp people to help themselves. This was the aim of Joint Action, the neurological physiotherapy practice that was set up in 2003 by Priscilla Ellis-Canzio a specialist chartered physiotherapist with over 20 years of international experience. Over the past two years, many adults and children in the Petersfield area, suffering from a variety of disorders affecting their mobility, movement and posture – Stroke, Multiple Sclerosis, Parkinson's Disease, Head Injury, Cerebral Palsy etc – have benefited from the unique service that Joint Action provides.

When people find



themselves discharged from hospital before they really feel confident to cope, a visit from the Joint Action physiotherapist can prove invaluable. Combining physiotherapy with yoga postures and breathing exercises, the physiotherapist draws up a treatment programme for each patient to help him/her towards greater independence. Sometimes

a one-off session of self-help advice is all that is required, but other people may need a longer course of treatment. The initial assessment and subsequent treatments always take place in the patient's home.

"The Joint Action physio visited me at home one month after I got out of hospital," recalls John F who suffered a stroke last year. "She worked out a programme of special exercises for me over several weeks which helped me to get back on my feet. I feel much better because I'm able to help myself!"

Call Priscilla Ellis-Canzio MCSP at **Joint Action on 01730 895372** or visit [www.jointaction.co.uk](http://www.jointaction.co.uk)