

# touchstone® physiotherapy



**Brian Fox**  
BSc MSc MACP MISCP

Brian trained in Trinity College Dublin and worked within the Health Service for a number of years before taking time out to complete a Masters in Kings College London in Advanced Neuromusculoskeletal Physiotherapy in 2008. Brian has worked exclusively within private practice ever since. He is the lead physiotherapist in Touchstone Physiotherapy and his specialist interests include management and rehabilitation of spinal disorders (neck and back pain) and sports injuries.



**Owen Dwyer**  
BSc MISCP

Owen graduated from Trinity College Dublin with an Honours Physiotherapy degree in 2010 and joined Touchstone. Owen has been awarded Post-Graduate qualifications in spinal manual therapy and dry needling (acupuncture) which he integrates into his treatment of neck, back and peripheral joint pain. Having been an international triathlete himself, Owen offers an holistic and experienced approach to injury treatment, rehabilitation and prevention of sports and overuse injuries. Owen also assesses and treats conditions affecting balance and mobility such as Parkinson's Disease, Multiple Sclerosis and other neurological conditions.



**Kate Ross**  
BSc MSc MISCP

Kate graduated from The Robert Gordon University in Aberdeen, Scotland in 2010 with an MSc in Physiotherapy. Kate trained within the NHS in Scotland. She returned home and has been working in private practice since. Kate's special interests include manual therapy, pilates and biomechanics, back and neck care and sports injuries. Kate has also completed Post Graduate courses in dry needling and APPI pilates.

## Touchstone at Blackrock Hall Primary Care Centre

Touchstone is a multidisciplinary primary care team of highly qualified specialists delivering the highest quality healthcare at the lowest cost by having...

**so many practices...** pharmacy, dentistry, orthodontics, audiology, opticians, physiotherapy, homecare, nutrition & dietetics, health food, occupational therapy, speech & language therapy, acupuncture, podiatry & chiropody, diabetes, psychotherapy & counselling, smoking cessation, lactation

**working as a team...** allowing us to take a much more holistic approach to your overall needs

**in one place...** we are all based together in Ireland's largest Primary Care Centre in Blackrock Hall Primary Care Centre in Blackrock.

## Touchstone Connect

Touchstone Connect is our rewards based Membership Scheme, which is free to join. Points are accumulated on your membership card with purchases across our practices including our pharmacy, opticians and health food shop. These points can then be used to give additional savings. You may also register your family members on the scheme, and all of the same benefits apply.

Members also benefit from our low-cost care packages, have access to the touchstone Private Health Insurance Team where we can help you reduce the cost of your private health insurance policy by up to 50%, have access to Touchstone Tax Team and enter our monthly and annual prizes draws.

The next time you are in Blackrock Hall Primary Care Centre just ask any of the team about registering for Touchstone Connect. It only takes a few minutes.



## touchstone physiotherapy

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physiotherapy for faster recovery



**Brian Fox**  
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Blackrock Hall Primary Care Centre

# touchstone® physiotherapy

Movement plays an important role in people's lives. Physiotherapy helps people gain optimum movement by getting your muscles and joints working to their full potential. It also helps people with permanent disabilities increase their functionality and prevent further damage.

Touchstone Physiotherapy caters for people of all ages with muscle, joint and nerve disorders as well as sports injuries, paediatric, orthopaedic, neurological and rheumatological conditions. Our physiotherapists use manual therapy, exercise programmes and functional rehabilitation. We are focused on accurate diagnosis, effective hands-on treatment and appropriate rehabilitation exercise programmes.

## What is physiotherapy?

Physiotherapy uses a variety of techniques to help your muscles and joints work to their full potential. It can help repair damage by speeding up the healing process and reducing pain and stiffness. Physiotherapists also have an important role in rehabilitation, for example, helping people who have had strokes to relearn basic movements. However, physiotherapists don't just offer treatment; their advice can help you prevent problems from returning or even from happening in the first place.

## What does the treatment involve?

Your physiotherapist will assess your condition, diagnose the problem, and help you understand what's wrong. The physiotherapist will work with you to develop a treatment plan suitable to your lifestyle, leisure activities, and general health. This will include specific advice on how you can help yourself. Where appropriate, physiotherapists also advise carers in how they can help.



Physiotherapists use a variety of treatments:

- Exercise programmes designed to improve mobility and strengthen muscles
- Deep tissue massage
- Joint manipulation and mobilisation to reduce pain and stiffness
- Muscle re-education
- Dry needling, to speed up recovery
- Pilates

Throughout the treatment programme, the physiotherapist will evaluate your progress at regular intervals and modify your treatment and goals when necessary. Your physiotherapist will work with you to help you learn to manage your condition independently for the longer term.

## Neck pain

Modern living has confined the majority of us to static environments, such as desk bound jobs, leading to poor postural habits. These postural habits can lead to neck pain originating from the muscle, nerve, discs or ligaments, and to headaches, originating from the neck. Physiotherapy can alleviate the symptoms of neck pain through soft tissue techniques and rehabilitation designed to ensure a more mechanically efficient posture.

## Low back pain

Our back is a complex structure of joints, nerves, muscles, discs, ligaments and fascia all interacting through movement to allow us achieve our daily tasks. A deficiency in any one of these areas may present an issue. Low back pain is hugely debilitating and has major

consequences in life, work and sport.

Physiotherapy directed at solving the source of the symptoms of your back pain and maintaining these gains through specific exercise for you is our focus.

## Sports injuries

Whether you are a weekend warrior or an elite athlete, sprains and strains are part and parcel of participation. Muscle and tendon injuries, ligament sprains, repetitive strain injuries, muscle imbalances and postural dysfunction can interrupt sporting performance at the most inopportune time.

Our specialist sports physiotherapist can tailor a recovery programme to manage your acute injury to ensure the swiftest return to your chosen sport.

## Orthopedic physiotherapy

Post surgery, our goal is to ensure you return to your highest level of functioning within the shortest period of time. High quality hands on treatment and customised rehabilitation to decrease pain and stiffness, and accelerate your recovery are key elements in your return to function.

## Post natal physiotherapy

Post pregnancy, the stability muscles of the lower back and pelvis weaken considerably. Our female physiotherapist can design a treatment plan to ensure lower back and pelvic pain post

pregnancy are minimised allowing you to get back to your full fitness as soon as possible.

## Orthotics

Orthotics, when used correctly, can assist in alleviating foot, shin, knee and hip pain. Our advanced GaitScan system uses a sensitive walking platform to determine the distribution of force in your foot and identify abnormalities. Through a combination of a thorough foot assessment, evaluation of your clinical presentation, and a Gaitscan we can determine whether an orthotic insole would be suitable for your problem.

## How to book

You may book a consultation by calling our Touchstone Desk in Blackrock Hall at (021) 423 1166 or email [reception@blackrockhall.ie](mailto:reception@blackrockhall.ie)

Please note a 24 hour cancellation policy exists or charges may apply.

## Charges

|                                |     |
|--------------------------------|-----|
| Initial consultation (45 mins) | €50 |
| Normal consultation (30 mins)  | €50 |

VHI, Aviva and Laya Healthcare all provide cover for treatment by private Chartered Physiotherapists.

For more information visit

[www.blackrockhall.ie/touchstone/physiotherapy](http://www.blackrockhall.ie/touchstone/physiotherapy)

