

Thunder Training More Information & Appointment Preparation

A Manipulative Therapist

Uses specific hands-on techniques such as soft-tissue massage and joint mobilisation and manipulation, in order to treat musculoskeletal pain, increase range of motion, reduce or eliminate soft tissue inflammation, thereby facilitating movement and improving function.

Number of appointments necessary

This will completely depend on the nature of the pain/injury and can be discussed at your first appointment. Many people are pain-free after one session and do not feel the need to return. Others like to book a course to go a bit deeper into working on and improving their physical health.

What to wear or bring to your appointment

We recommend bringing shorts, t-shirt and trainers*

Please bring details of any prescribed medication or supplements you are taking.

If you have any recent relevant X-rays, scans or medical reports please bring these with you or upload them to your Patient Hub account.

Also bring any orthotics, braces or supports you use.

*Please be aware diagnosis and treatment involves both observation and palpation, therefore you will probably be asked to undress to your underwear, but it is not compulsory. Your privacy will be respected at all times.

Bringing someone to your appointment

You are welcome to bring a companion/chaperone with you. Please be aware that they will become party to all conversation during the appointment. Anyone under the age of 16 should be accompanied at all times by a parent or appointed guardian.

After your treatment

Manipulative Therapy is known not only for its effectiveness in helping resolve problems where other approaches to treatment have failed, but also for its relative safety.

However in certain cases patients can experience difficulties post-treatment such as localised pain, sensitivity or superficial bruising.

If you have a bad reaction to treatment, in most cases it will disappear naturally in hours or may ease after a day or two. The usual remedies of rest, heat and over the counter pain relief or anti-inflammatories may help. Most of the time any response to treatment of this nature leads to further clues to unravelling the cause of your presenting complaint.

Please do not hesitate to contact us for advice if you have any concerns.

