

## Welcome to Mike Varney Physiotherapy

Now established for 35 years, Mike Varney Physiotherapy continues to offer a wealth of expertise and experience in treating musculoskeletal problems. A range of specialized treatments are used to aid recovery and healing for a variety of injuries. Such conditions include: neck and back pain, sciatica, headaches and migraines, pregnancy related pain, sports injuries and other muscle and joint problems.

Our aim is to provide professional advice and competitively priced treatment, to achieve the best possible results. We take great pride in the success that we have historically had over the years with our many satisfied clients. Please rest assured that we treat our clients as individual cases with their own specific requirements and that all patient medical information is kept strictly confidential. Our team of physiotherapist, Sports Therapists and Massage Therapists are all qualified and registered in their respective areas.



## Appointments

We offer 30 minute consultations and treatments with our Physiotherapist's, Sports Therapists and Massage Therapists. All treatment sessions include an examination and commence with treatment thereafter. Treatment will consist of a wide range of different treatment modalities with no extra cost. We are also able to provide treatment under all major private medical healthcare policies. You do not need to be a member of Harlow Leisurezone to be treated by us. Free car parking is available on site within the sports centre car park.

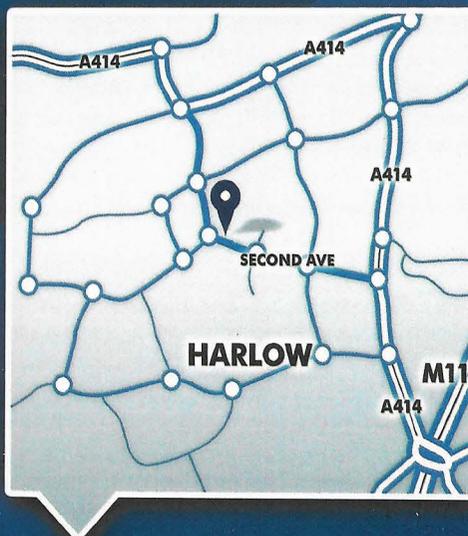
## What can you expect from your first visit?

A history of the injury will be taken with any relevant factors included. An examination will then follow in a private treatment room, a diagnosis will be given and a treatment plan formed. You will then be advised of the approximate number of appointments required to resolve the problem. Treatment is often started on the first visit at no extra cost.

Call us on:  
01279 414 959

Email us: [info@mikevarneyphysio.co.uk](mailto:info@mikevarneyphysio.co.uk)

Find us online at:  
[www.mikevarneyphysio.co.uk](http://www.mikevarneyphysio.co.uk)



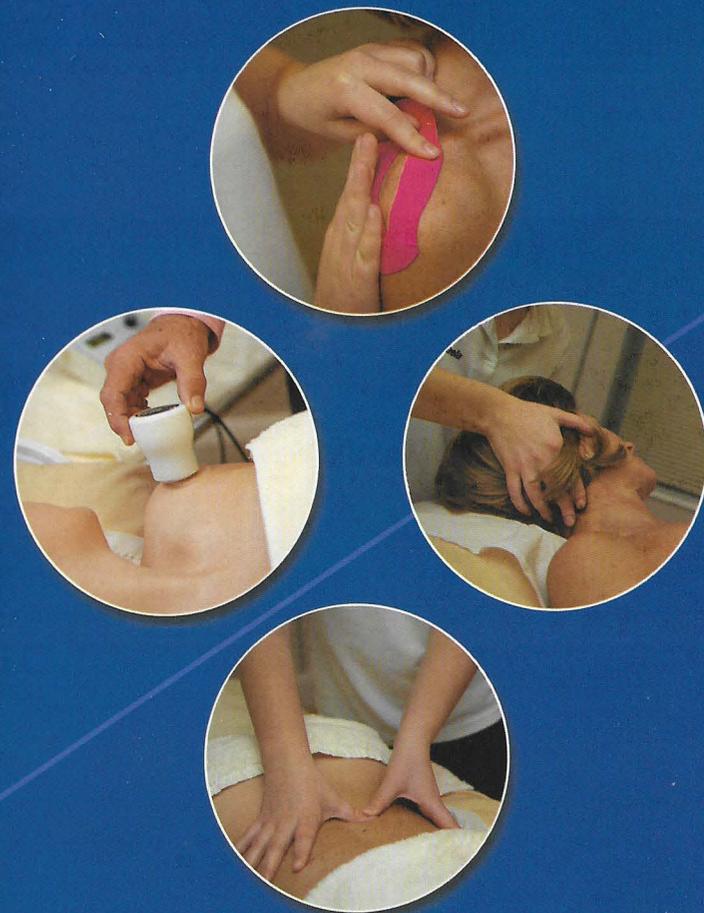
### Mike Varney Physiotherapy Ltd.

Harlow Leisurezone, Second Avenue,  
Harlow, Essex, CM20 3DT

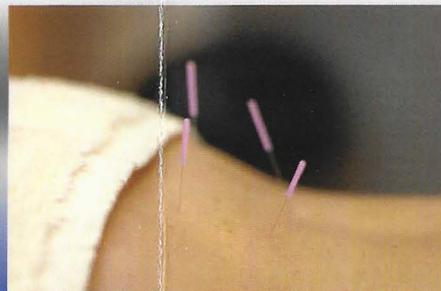
Mike Varney Physiotherapy would like to hear from you. If you would like to now more about any of our services, have a question about a pain or injury, or would simply like to get in touch for any other reason, please feel free to contact us.



Mike Varney Physiotherapy



Physiotherapy | Massage | Kinesio Tape | Acupuncture  
Headache & Migraine Therapy | Electrotherapy  
Radial Shock Wave | Pregnancy Therapy



## Treatments & Therapies

At Mike Varney Physiotherapy we offer more than just physiotherapy treatments. As part of our continued commitment to offering our patient the best treatments for their individual conditions Mike Varney Physiotherapy offers a complete range of traditional and state of the art physiotherapy treatments, complimentary therapies, massage and relaxation techniques, as well as sports science and personal care treatments.

### Physiotherapy

Physiotherapy is the treatment of pain and restriction of movement. It aims to improve and restore each of these areas. This may be achieved using various modalities such as soft tissue mobilisation, joint manipulation and massage. Patients seeking physiotherapy may be suffering from many different types of injuries. This may include neck and back problems, sports injuries, work related injuries, whiplash, migraines and joint problems. A visit to a Physiotherapist should reveal the nature of the problem and provide a treatment plan.

### Massage

Massage is the practice of soft tissue manipulation carried out by a trained therapist. Massage has shown to improve blood flow, reduce feelings of depression and anxiety, and reduce swelling, spasms and cramping. Within the physiotherapy environment it has also been proven to relax overused muscles, providing greater joint flexibility and range of movement. This makes a great impact to everyday life as well as sporting performance. Mike Varney Physiotherapy have massage therapists trained in a wide range of massage techniques including: Swedish, Sports, Deep Tissue, Indian Head, Hot Stones and Pregnancy.

### Kinesio Tape

Kinesio taping techniques were developed and introduced in the late 1970's by Dr. Kenzo Kase. Kinesiotape is a waterproof tape made out of a high cotton material and had the thickness, weight and flexibility of the skin. It works by lifting the skin and increasing the space between skin and muscle and improving drainage and blood flow, which in turn reduces pain.

### Headache & Migraine Treatment

Our physiotherapists are trained in the Nelson Headache Approach; an approach developed by specialist headache and migraine physiotherapist Rebecca Nelson based in Northern Ireland. This involves gentle repetitive pressure to the joints at the top of the neck in order to reduce stiffness and irritation in this area, which in turn reduces the headache or migraine. It has an 85% success rate.

### Acupuncture (Western Approach)

Acupuncture has become an integral part of complementary therapy and Physiotherapy in the UK. It is used to treat a wide variety of conditions, including: stress, anxiety, insomnia, headache, migraines, general aches & pains and back / neck pain. Very fine needles are inserted in or close to the affected area, which can relieve pain and reduce muscle spasm. Our Physiotherapists are also trained in IMS (Intramuscular Stimulation), a form of acupuncture that is particularly effective in treating long term conditions.

### Electrotherapy

Mike Varney Physiotherapy uses both Ultrasound therapy and Interferential therapy in all of their physiotherapy sessions. Therapeutic ultrasound is a treatment that has been successfully used by physiotherapists for 50 years to treat soft tissue injuries. This treatment is used to increase blood flow, reduce muscle pain and spasm, stimulate the production of collagen and reduce scar tissue. Interferential Therapy encourages cellular changes depending upon the frequencies selected. Many conditions can be treated where inflammation and pain is present e.g. sports injuries, arthritic conditions, bruising and swelling. Both treatments can be used to speed healing following surgery, fractures and manipulation.

### Radial Shockwave Therapy

Radial Shockwave Therapy is an excellent alternative with impressive results for people with chronic pain who have exhausted all other treatment. Each radial shockwave treatment works to increase the metabolic activity around the site of pain or discomfort, stimulating the reabsorption of irritative calcium deposits in tendons and stimulate the body's natural healing process, thus reducing pain.

#### What does it involve?

The physiotherapist will pass over the injured areas with the applicator, you should expect to feel some discomfort but this will resolve within 24 hours. Radial shockwave therapy typically requires 5 treatments, one week apart for optimal results.

#### What conditions can it be used for?

Plantar Fasciitis, Achilles Tendinopathy, Shoulder Tendonitis, shin splints, Tennis / Golfers elbow, heel spurs and knee pain.

### Pregnancy Therapy

Around 1 in 5 women will experience mild discomfort in the back or front of the pelvis during pregnancy. It is really important to look after yourself when you are expecting. Your body will go through an extraordinary amount of change and many women will experience problems such as fatigue, fluid retention, headaches and pain. We have a qualified therapist treating a broad range of pregnancy related conditions including SPD and Sciatica. Treatment focuses on gentle mobilisations, pregnancy massage, taping and home exercises to reduce tension and improve pain during your pregnancy.

These are a selection of the therapies we provide. For further information on all the treatments that are available please visit our website [www.mikevarneyphysio.co.uk](http://www.mikevarneyphysio.co.uk) or call us on: **01279 414 959**