

LE KINÉ S.C.

AMBULATORIO FISIOTERAPICO

Via Italo Mus, 3 - 11027 Saint-Vincent (Ao)
Tel. 0166 30194 - ambulatoriolekine@gmail.com
P.I. 01199490077

Physiotherapy

Dott. Russo Roberto

What is physiotherapy?

Physiotherapy is a health profession which treats the development, the maintenance and the recovery of movement and of function during life, especially in those situations during which those elements are damaged by traumas, injuries, diseases, environmental factors and age.

What are the physiotherapy services offered?

Le Kiné Physiotherapy Clinic provides a full service regarding physiotherapy and motor rehabilitation. We are able to offer a complete therapeutic approach in order to treat the patient's condition ensuring a personalized yet friendly therapy plan. Physiotherapy must be administered within specific times and using special procedures. As a consequence, it is important to establish the correct frequency of appointments.

How does a visit usually go?

Taking into account the examination done by the orthopaedic, the physiotherapist uses the medical history of the patient, the physical examination and, when it is necessary, the laboratory exam results (radiographic, ecographic, electromyographic exams) in order to make a diagnosis and establish a treatment plan.

Which are the benefits of physiotherapy?

Physiotherapy reduces the pain and, therefore, limits the use of anti-inflammatory drugs. It limits post-operative traumas by enhancing and increasing the improvement of the traumatized section under treatment. It prevents the atrophy of muscles, bones, cartilages, ligaments, increasing the functionality of the movement and leading to better quality of life.

When is it suitable to go to the physiotherapist?

People usually go to the physiotherapist after a trauma or a surgery and specifically when:

- during the post-surgical rescue for orthopaedic and neurological interventions;
- to avoid contractures and muscular stiffening, to keep the joints elastic and achieve good muscle tone when idle periods are prolonged over time as a result of force majeure;
- in case of musculoskeletal disorders, tendinitis, bursitis, synovitis, muscular tears and contractures;
- for intervertebral disk disorders, hernias, fibrocartilaginous embolism, and clots;

Below is a summary of the orthopedic conditions that our physiotherapists treat:

- Acute and chronic pain: lumbar region, neck (cervicalgia), rheumatoid arthritis, postural dysfunctions.
- Post-traumatic: bone fractures, distortions, muscle strains and/or tears
- Postoperative: hip and knee prosthetics/replacements, ACL reconstruction, spinal disk herniation.

Which are the therapies, technologies and the machines used at *Le Kiné Clinic*?

- Functional assessment and drawing up of the treatments and the rehabilitation draft.
- Medical examination and assessment
- Physical and motor rehabilitation
- Neurological rehabilitation
- Lymphatic drainage
- Lymphatic drainage for disorders of the microcirculation
- Postural rehabilitation
- Sport conditions rehabilitation
- Pelvipereineal/ urogynecological rehabilitation
- Functional and sport dressings
- Osteopathy – Manual therapy for adult
- Orthopaedist visit
- Podologic visit
- Logopedic visit
- Neuropsychiatric rehabilitation
- Complete postural control
- Proprioceptive
- Step analysis
- Therapeutic exercise
- Ultrasound therapy
- Magneto therapy
- Tecar therapy/Diathermy
- Electrostimulation (TENS)
- Shock waves (EMS)
- Re-education to the step and proprioceptive re-education with TecnoBody systems: Walker View and Prokin 252

USEFUL TIPS: no preparation is required. Bring all the documentation, previous exam results and if you already have it, please bring the psychiatric and orthopaedic visit results.