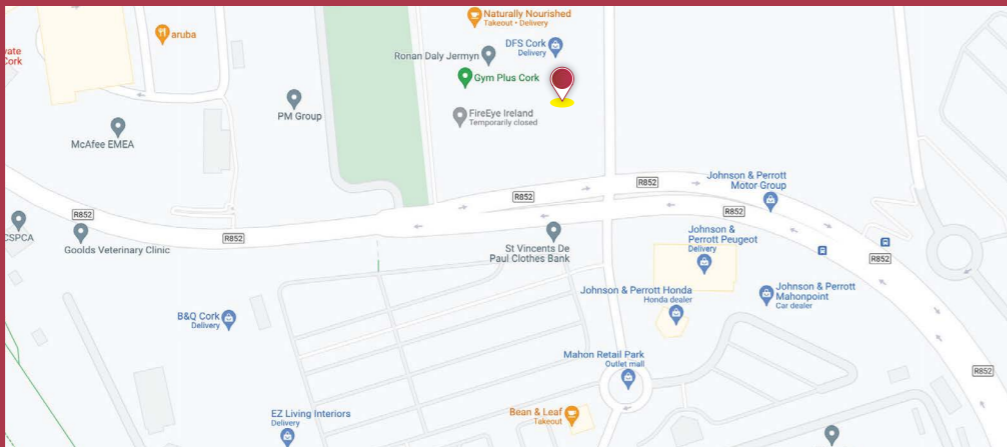


Fox Physiotherapy, Unit 18, South Ring Business Park, Kinsale Road, Cork, T12 E22A



Fox Physiotherapy @ Gym Plus, 2 Park Place City Gate Mahon, Cork, T12 DH0F

Complete Care

Call reception (8am – 5pm): 021 206 1844
Email us: help@foxphysiotherapy.ie
Book online:
www.foxphysiotherapy.ie



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Who We Are

We want to get to know you. Your Story, Your Concerns and Your Goals.

Team Fox Physiotherapy have been helping people for over 10 years to get back moving well and feeling well. We have grown through our reputation, offering complete care that is focused on you.

At Fox Physiotherapy you are in good hands with one on one care in a comfortable and relaxed environment, a thorough assessment of your problem, an understandable explanation giving you the full picture of your issue, and an approach that takes into account your preference for relieving pain and stiffness. We devise a plan with you to get you back doing the things you love to do without worry or restriction.

Your personalised treatment plan is just that, personalised to your needs and preferences to help and guide you towards getting back to where you want to be, moving well and feeling well, doing the things you love to do.

How we treat

We are constantly investing in our team to offer the most up to date, evidence based treatments to get you back to the life you want.

If an issue is limiting your hobbies and activities, interrupting your sleep, restricting your mobility and causing you to miss out on things you enjoy leaving you frustrated, lacking energy, cranky and in pain, we can help.

We personalise every treatment plan using the most up to date research and highest clinical standards in pain science, manual therapy, exercise therapy, shockwave therapy and dry needling to help you get back to the life you want to lead.

We want to change your story.

What do we treat?

- Neck and Shoulder Pain
- Foot and Ankle Pain
- Hip Pain
- Low Back Pain and Sciatica
- Sports Injuries
- Knee Pain
- Pre and Post Surgery Rehabilitation

Why choose Fox Physiotherapy?

Our **5 point plan** is **YOUR PLAN** designed to get you back moving well and feeling well, doing the things you love to do:

- 1 We Listen to YOUR Story**
Getting to know you, your history, your needs, wants and goals ensures us that we are working towards the same outcome. Taking a comprehensive account of your previous history and experiences to help us work together to better understand how best to approach your issue.
- 2 Thorough Assessment**
Through a thorough personal history, movement assessment and specialised testing, together we can help address the key drivers of your problem.
- 3 Targeted Treatment Plan**
We design your treatment and rehabilitation plans with you, basing it on your needs and goals, whether it be hands on treatment, personalised exercise plans, reviews or progressions or helpful strategies and advice.
- 4 Clear Communication**
We clearly communicate from start to finish and ensure that you are fully aware of the process and the next steps throughout. Knowing what is wrong, how physiotherapy will help you, how best you can help yourself and an estimated timeline on your recovery are key.
- 5 Review and reassess**
We constantly monitor your progress and discuss any fears, concerns or queries you may have. We are always open and honest with you. If a plan needs to change or be altered to help you get better, we can do it!

Our **5 point plan** is **YOUR PLAN**.

This is *Complete Care* with the Fox Physiotherapy team.