

What to expect in the initial assessment

During an initial assessment, your specially-trained chartered physiotherapist will conduct an in-depth clinical evaluation of your condition. Then, utilising state-of-the-art computerised walking analysis we can achieve a clearer picture of what is causing your pain.

The physiotherapist will personally calibrate a foot-worn biomechanical device in order to relieve pressure and re-train the muscular system around the joint for significant and lasting pain relief.

Your calibrated footwear can then be worn for about an hour everyday whilst you go about your normal daily life.

Conditions we treat:

- Knee osteoarthritis
'wear and tear' of cartilage
- Meniscal tear or ligament tear
- Anterior knee pain
(Patello-femoral syndrome)
- Painful rehabilitation
- Lower back pain

Experience it for yourself

Join us for a free, in-depth assessment with one of our chartered physiotherapists, where you will:

- Experience our knowledge and understanding of knee pain
- Complete a computerised walking analysis
- Understand the root of your problem and find out how it may be addressed
- Try the personally-calibrated foot-worn device and experience the immediate pain relief it may offer

AposTherapy

Be yourself again

Take your first step towards non-surgical **pain relief**

www.apostherapy.co.uk

AposTherapy

Be yourself again

Take your first step towards non-surgical **pain relief**



DO YOU SUFFER FROM:

- Knee osteoarthritis
(wear and tear of cartilage)
- Meniscal tear or ligament tear
- Anterior knee pain
(Patello-femoral syndrome)
- Painful rehabilitation
- Lower back pain

Understanding your joint pain

The role of the muscles

The importance of soft tissues (*such as muscles and ligaments*) and neuromuscular control is often underestimated in understanding joint pain.

For example, osteoarthritis is the most common cause of knee pain but research has shown that, contrary to popular belief, knee osteoarthritis is not just wear and tear of cartilage. The muscles and the instructions they receive from the brain play a major role in the aggravation of the illness. Abnormal walking patterns can be caused by this and over time can cause further pain and damage - not only to the affected knee, but also to the other joints associated with walking, such as the ankles, hips and the lower back. Quality of life can be severely limited every day due to the pain and stiffness experienced doing the simplest of things, such as walking the dog or going down the stairs. The same principles apply for other common knee injuries such as meniscal tears, knee ligament damage and patello-femoral pain syndrome.

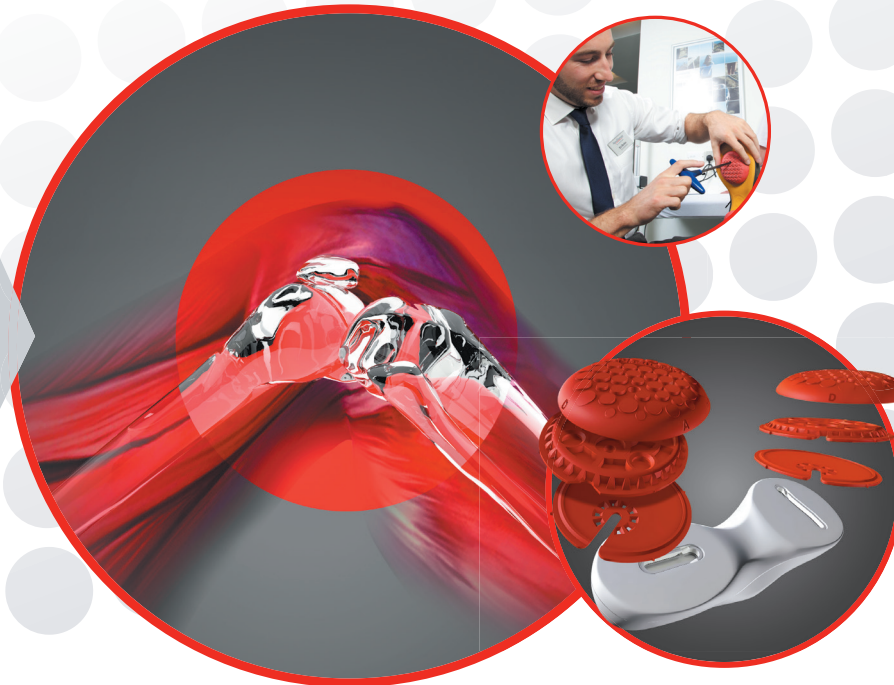


Don't let pain stop you doing what you love

www.apostherapy.co.uk

How does it work?

AposTherapy is a non-surgical and non-drug treatment for knee and back pain. Our personalised treatment programme re-designs the way you walk. It does this by aligning the body and re-educating the muscles around your joints to relieve pain.



- **AposTherapy** is based around a unique, foot-worn biomechanical device worn at home or at work for about an hour a day.
- Each device is uniquely calibrated to the patient by a specially-trained, chartered physiotherapist
- The unique therapeutic effects of the device are achieved with two convex pods, called Pertupods, attached under the main weight-bearing areas: the heel and forefoot.
- The exact positioning of the pods reduces the loads away from the painful area(s) of the joint, while their convex shape introduces mild, comfortable instability which stimulates the muscles to adopt a correct walking pattern.

Patient Pathway

Your initial assessment



Treatment as part of your daily life



Ongoing care



Be yourself again



1 A physiotherapist will carry out your in-depth assessment including a computerised walking analysis. This will enable us to identify whether you'll benefit from the treatment and the root cause of your pain. We will then calibrate the unique foot-worn device to your specific needs.

2 Treatment blends into your daily life and requires usage of the device for about an hour a day. As you undertake your daily routine at home or the office, your body will adopt the correct movement patterns, relieving stress on the affected joint.

3 **AposTherapy** is a dynamic treatment, regularly monitored to ensure optimal success throughout your care. The initial programme consists of 5 follow ups to monitor your progress throughout the year to work towards your personal goals.

4 Every step you take with the device aims to relieve the stress and retrain painful joints to work in a better way for lasting pain relief and improved function and quality of life.