

pm physio matters

move better. live better.

www.physio-matters.org

Over 25 years of clinical expertise

Physio Matters has been delivering physiotherapy excellence across the North West for over 25 years. Since 2000, we have built a reputation for specialist expertise, clinical quality, and person-centred rehabilitation, supporting individuals, families, healthcare providers, insurers, solicitors, and case managers to achieve the best possible outcomes.

Our services are delivered through six specialist areas:

- **Neurological Physiotherapy**
- **Complex Polytrauma Physiotherapy**
- **Musculoskeletal Physiotherapy**
- **Education & Training**
- **Physio Active**
- **Medicolegal Services**



Whether provided in our clinics, within the community, at activity centres, or in clients' own homes, our services are tailored to individual needs and goals. Together, these six specialist services reflect our commitment to delivering expert rehabilitation, education, wellbeing, and professional support, helping people maximise recovery, independence, and quality of life.



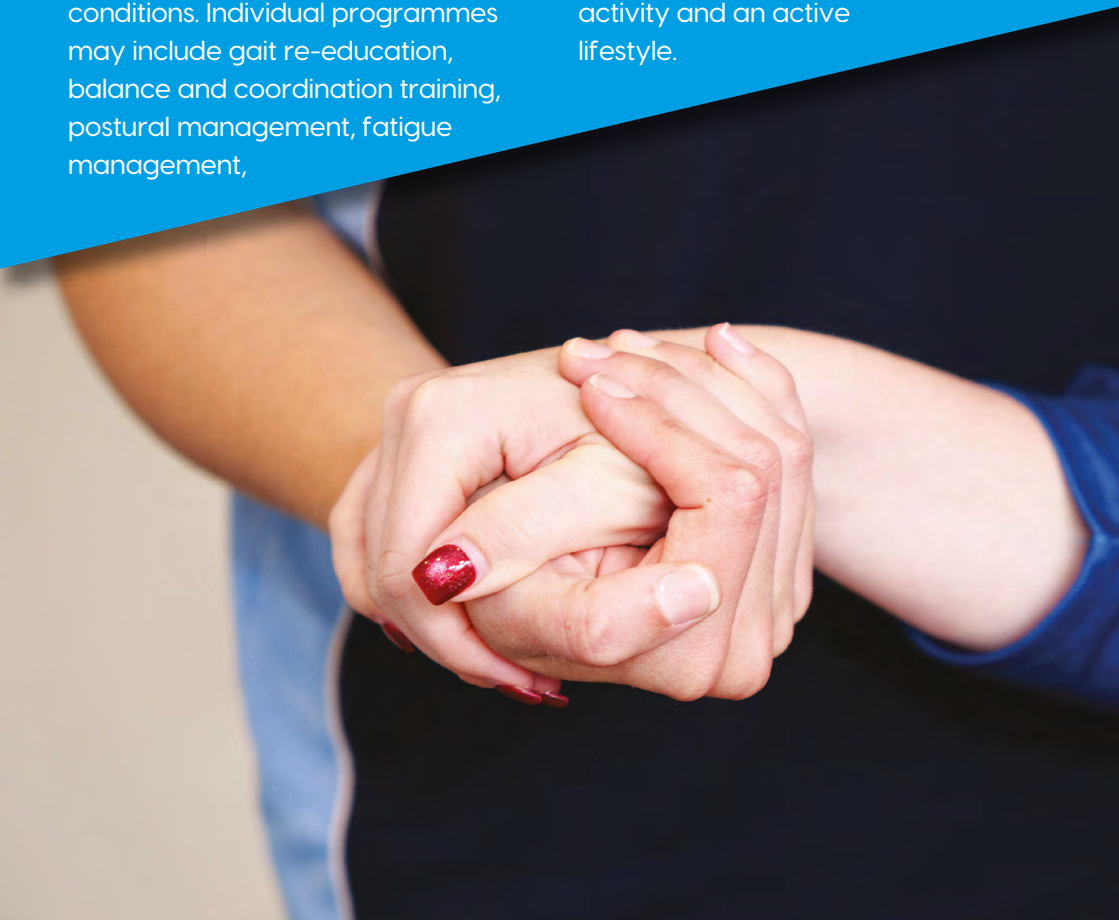
Neurological Physiotherapy

Neurological

Neurological Physiotherapy helps the brain and body adapt, recover and relearn after a neurological condition or injury. Our specialist physiotherapists understand how symptoms affect movement, function and daily life, enabling focused rehabilitation.

We support people with acquired brain injury, stroke, Functional Neurological Disorder (FND), Multiple Sclerosis, Parkinson's disease and other complex conditions. Individual programmes may include gait re-education, balance and coordination training, postural management, fatigue management, hydrotherapy, Functional Electrical Stimulation (FES), Vestibular Rehabilitation and Pilates-based rehabilitation.

Therapy is available in our specialist clinic, at home or in the community, according to individual needs and goals. We aim to maximise potential, rebuild confidence and increase independence, while links with adaptive sports providers across the North West provide opportunities for meaningful activity and an active lifestyle.



“They’ve always embraced emerging clinical technologies whilst offering first class client care, bespoke treatment and a down-to-earth approach... I would have no hesitation in recommending them and indeed regularly do so.”

Matt Brown,
National Head of Serious Injury Department
Hudgells Solicitors





Complex Polytrauma Physiotherapy

Complex Polytrauma

Our Complex Polytrauma Physiotherapy service supports people recovering from multiple, life-changing injuries following serious accidents and trauma. These may combine orthopaedic, neurological and soft tissue trauma with pain, fatigue, reduced mobility, deconditioning, balance difficulties and psychological trauma. By understanding both the primary injuries and their wider impact on daily life, we keep treatment focused on individual needs.

Personalised rehabilitation addresses injury-specific impairments and secondary complications that can delay recovery, including reduced strength and cardiovascular fitness, sleep disturbance, anxiety, low mood and persistent pain.

We work closely with case managers, consultants and the wider multidisciplinary team to coordinate holistic rehabilitation. Clear communication and aligned interventions ensure physical, cognitive and psychological factors are addressed throughout recovery. Through an evidence-informed, collaborative approach, we help individuals overcome the challenges of major trauma, maximise recovery, and rebuild confidence, independence and quality of life.

Musculoskeletal Physiotherapy

Musculoskeletal

Our Musculoskeletal Physiotherapy service helps people overcome pain, recover from injury and return to the activities that matter most. Whether managing a long-term condition, recovering from surgery or dealing with a recent injury, clients receive expert assessment, treatment and rehabilitation throughout their recovery.

We treat back and neck pain, sports injuries, joint problems, tendon disorders and post-operative conditions. By understanding each person's symptoms, lifestyle and goals, we create an individual rehabilitation programme. Treatment may include manual therapy, movement and biomechanical assessment, strength and conditioning, exercise rehabilitation, dry needling, Pilates and education to support recovery and help prevent future problems.

Our evidence-based approach combines clinical reasoning with clear advice and achievable goals, empowering clients to take an active role in rehabilitation. We deliver the right intervention at the right time, addressing the causes of pain, weakness and movement dysfunction to restore function, improve confidence and support a safe return to work, sport and everyday life.



Education & Training

Education & Training

At Physio Matters, we are passionate about sharing knowledge, developing skills and building confidence in those supporting people with complex rehabilitation needs. Successful rehabilitation extends beyond formal therapy, so we equip those involved in daily care with practical strategies that improve consistency, outcomes and rehabilitation potential.

Our training programmes are tailored to each audience, translating clinical expertise into practical, real-world application. Interactive, accessible learning promotes best practice, strengthens understanding and reduces risk, helping people receive safe, effective support across different settings.

We are also proud co-founders of Brainwaves, a free initiative providing accessible, high-quality education about brain injury and neurological rehabilitation for healthcare professionals, support staff and others supporting people with neurological conditions. By combining specialist expertise with a passion for education, we help individuals, teams and organisations build the knowledge, confidence and practical skills to make a meaningful, lasting difference.





“What sets Physio Matters apart is the way that they encompass the client’s fitness and movement goals into everyday activities in a way that is engaging and motivating for that client, rather than a one size fits all approach.”

Gary Herbert
Partner, HCC Solicitors







Physio Active

Physio Active bridges the gap between rehabilitation and long-term health, helping people remain active, independent and confident after injury, illness or disability.

Personalised programmes support physical wellbeing while creating opportunities to participate in meaningful, enjoyable activities.

Through specialist partnerships across the North West, clients can explore adaptive and inclusive sports including skiing, cycling, football, climbing, boxing and water sports, with opportunities matched to their abilities, goals and interests. These activities build confidence and skills, improve fitness, encourage and support rehabilitation in real-world environments.

Physio Active

Whether returning to a previous passion or trying something new, clients receive guidance to participate safely and successfully.

By combining expert rehabilitation, community integration and adaptive sport, Physio Active helps people challenge expectations, embrace new possibilities and enjoy a more active, fulfilling lifestyle.

Medico-Legal Report Writing

Medicolegal

We provide independent, objective and clinically robust expert witness services, delivering high-quality Part 35 reports for Claimants, Defendants and as Joint Single Experts. Drawing on extensive expertise in neurological rehabilitation and complex injury, we offer balanced, evidence-based opinions that are clearly reasoned, impartial and accessible to everyone involved in the legal process.

Comprehensive assessments consider the impact of injury on function, mobility, independence, rehabilitation needs and future requirements. Our reports provide clear analysis and practical recommendations, helping the court understand the issues and make informed decisions. Each report is prepared to high professional standards, with complex clinical information presented clearly and opinions that are relevant, proportionate and focused on the key matters in dispute.

We recognise the importance of effective communication, reliability and legal timescales. From initial instruction to assessment and report completion, we provide an efficient, responsive service for solicitors, insurers, case managers and the courts. By combining clinical expertise with a thorough understanding of the medico-legal process, we deliver independent, authoritative and trusted expert evidence.



What Sets Physio Matters Apart

Our reputation is built on specialist care, exceptional service and rehabilitation that is effective and purposeful.

Specialist Expertise

Our experienced team has extensive knowledge of neurological rehabilitation, complex polytrauma and long-term condition management, enabling us to support people with highly complex needs.

Seamless Client Experience

Our dedicated business support team coordinates appointments, communication and rehabilitation programmes efficiently, providing a professional, responsive service from first contact.

Flexible Rehabilitation Delivery

Therapy is delivered where it best supports recovery - at our specialist clinic, at home or in the community - keeping rehabilitation relevant, accessible and effective.

Unique Access to Adaptive Sports and Activities

Our North West network connects clients with leading adaptive sport and recreation opportunities that build confidence, promote independence and create possibilities beyond rehabilitation.

Outcome-Focused and Cost-Effective

We provide the right intervention at the right time, avoiding unnecessary input while maximising progress, value and long-term outcomes.

Promoting Independence, Not Dependency

We help people develop the skills, confidence and resilience to manage independently wherever possible, supporting lasting success beyond therapy.

> ***"What consistently stands out is their unwavering dedication, professionalism, and genuine commitment to improving outcomes for the people they work with."***
>
> Richard Biggs
> Partner, Irwin Mitchell Solicitors



> *"Physio Matters work collaboratively with clients, families and professionals to achieve meaningful outcomes, and I trust them implicitly to deliver high-quality rehabilitation. I would not hesitate to recommend their services."*
>
> Sophie Benko-Jones
> Beacon Case Management

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