

How Phil works with Osteopaths & Physiotherapists

philip bishop
posture | pilates | massage

The Client

Client: Female, 42 years of age.
Presentation: Chronic left hip pain reported over past six months, mainly focused lateral/posterior, that intermittently affects her lateral knee.
Symptoms: Pain is a dull ache with the intensity reported at between 2-3, occasionally rising to 4-6 on a scale 1-10. The pain tends to be worse in the evening or after long periods of standing. She has a previous history of neck and shoulder tension.

The Assessment

Neural tests: Negative
Active: Both knees valgus on flexion and hyperextended in standing, with right femur medially rotated.
Passive tests: Lumbar spine restricted in extension and right flexion. Left leg longer.
Postural Observations: Sway/flat back posture. Hyperextension of both knees. Feet pronated. Increased lordosis. Right Ilium anterior.

The Solution

Treatment plan: Balance pelvis/sacro iliac joint. Reduce maintaining factors in mid spine and lower limbs.
Massage: Treatment to improve muscle balance, reduce soft tissue tension and improve engagement of postural muscles.
Pilates: Sessions and home programme to improve strength/flexibility, muscle balance and use of postural muscles.
Posture: Adaptions to sleeping, sitting and child carrying positions.

The Results

Onward referral: Osteopath/Podiatrist for further skeletal assessment and orthotics (feet supports).
Outcome: Exercise plan was adapted to incorporate the new orthotics. Client felt early reduction of hip and knee pain and gained an understanding of factors relating to her posture.

Sue said...

"Phil helped me identify what was causing me pain and referred me to the specialists I needed. The orthotics have integrated well with his Pilates and Massage treatments."

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