

365 Physiotherapy Dublin Offer 20% for New Appointments

Here at 365 Physiotherapy Dublin, offer physio sessions at competitive prices and a free 15 minutes initial consultation with selected physio.



365 PHYSIOTHERAPY



Dublin, Ireland Jul 30, 2022 ([Issuewire.com](https://www.issuewire.com)) - Here at 365 Physiotherapy Dublin, offer physio sessions at competitive prices and a free 15 minutes initial consultation with selected physio; so why wait? Give us a call today here at 365 Physiotherapy. 365 Physiotherapy provides physical therapy at clinic 256 Swords Road, White Hall, Santry, Dublin, dedicated to providing the best possible physical therapy for each and every client.

Physio Treatments; offer a wide range of physiotherapy services such as: Musculoskeletal, Sports Injuries and Rehabilitation, Post-Operative Rehabilitation, Dry Needling, Exercise Therapy, and Prescription, Aged Care, Balance, Falls Prevention and Rehabilitation, Neurological Physiotherapy and Rehabilitation, Orthopaedic Physiotherapy and Rehabilitation and Pain Management Physiotherapy and we treat most common daily conditions are Back Pain, Neck Pain, Shoulder Pain, Knee Pain, Hip Pain, Foot Pain, Sports Injuries Like Gaelic Athletic, Tennis, Runner, Rugby, and Golf.

About 365 Physiotherapy; 365 Physiotherapy covers both home visits and clinic service. The clinic is located in Dublin 9, a client-centered care, designed to meet the needs of all-aged individuals and we offer a home visit service to accommodate those who can't make it to the clinic and want to avail of this home visit physiotherapy service for many reasons; suffering with a lot of pain to leave their house or perhaps simply desire a private physiotherapy session in their convenience. If you;

- work long hours
- have young children
- have no form of transport

these problems are overcome by 365 Physiotherapy coming to a place that suits our clients. Our home visits are extended to Artane, Beaumont, Clontarf, Donnycarney, Drumcondra, Glasnevin, Phibsborough, Northwood, Santry, Swords, and North Dublin areas. Physiotherapy home visits are also a great way to continue rehabilitation following a hospital discharge or for clients who have generally deteriorated due to a long-term illness/ hospital stay to speed up recovery, minimise compensations and get back to your routine as soon as possible. 365 Physiotherapy at home allows the rest of the family to be involved in the treatment to gain a better understanding of the condition as well as giving them an opportunity to ask the physio any questions and also learn how they can help out.

At 365 Physiotherapy, we improve your quality of life by looking at all the details. Our philosophy is to enable freedom of mind and movement through physiotherapy. By intervening early you'll see better results; we work to prevent problems, not just fix them. We look at the whole of you to determine how to influence change. Our services are specifically designed to suit your availability; we provide early morning and evening appointments throughout the week, as well as weekend bookings. This makes it easier for you to get the treatment you need without interruption to your work, sport, or other commitments, making it a convenient option for busy schedules.

About Dry Needling; Dry needling can be used to treat pain, caused by injuries, by inserting dry needles into trigger points which encourages tight muscles to relax. It can be useful in the treatment of both chronic and acute injuries. 365 Physiotherapy's chartered physiotherapists are trained in dry needling, and we offer this in conjunction with our regular physiotherapy service. Dry needling penetrates a muscle into a trigger point (basically a knotted section in a muscle belly), with the goal of eliminating the trigger point to restore normal muscle length and tension. Occasionally trigger point therapy with the hand is not as effective as desired, so we use a needle to penetrate deeper - right into the issue. Dry needling can also be used to unload and de-tension a generally tight muscle group, such as tight calves or hamstrings, through hands deregulation of the neural system to cause muscle relaxation. Dry needling can also be used to stimulate a healing area, namely ligaments, which can promote blood flow and hence tissue healing. The aim of Trigger Point Dry Needling is to reduce muscle pain and dysfunction by releasing oversensitive areas in the muscle known as myofascial trigger points.

Trigger points can be a source of pain and can commonly transfer pain to different areas. Trigger points can develop as a result of overloading a muscle, overuse, or when the body is in a stressed and tense state. When the needle is inserted into the trigger point, the muscle will undergo a localised contraction

known as a 'twitch'. You may also feel a deep aching in the muscle, both of which are normal reactions and will result in therapeutic benefits from the technique. After a session of dry needling, you should feel a change in the tone of the affected muscle which will result in improved movement and a reduction in pain. If you are not a fan of needles, don't worry! There are many other techniques that we can use to help restore pain-free function.

In conclusion, if you are in need of physiotherapy services in Swords Road, Santry, Dublin then please call us here at 365 Physiotherapy. Our physios will be more than happy to help you and answer any questions you have about our physiotherapy services.

How to get in contact with 365 Physiotherapy

You can get in touch with Thirupal at 365 Physiotherapy by any of the contact details provided below:

Phone: 083 098 5073

Email: contact@365physiotherapy.ie

Web: <https://www.365physiotherapy.ie>

Clinic Address: 256 Swords Road, White Hall, Santry, Dublin, D09RX73

365 physiotherapy clinic - Opens full day on Saturdays from August 2022.

Opening Hours - 9 AM to 5 PM.

Promotional Offer 20 % for new appointments; Please use this promotional code-AUGRX to avail Promotional Offer, valid only for 3 months.

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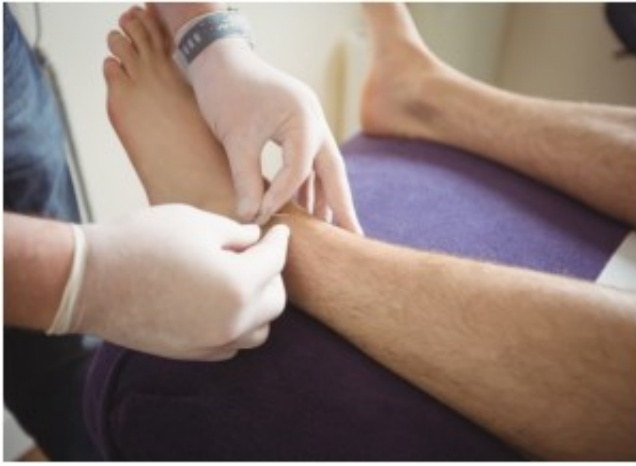
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