



The Practice

I am a sole practitioner with a well equipped practice based at my home in Bramhall near Stockport. I established the practice in 1969 to provide the local community with private physiotherapy of the highest standard, specialising in Sports, Orthopaedic and Musculo-Skeletal injuries.

This is a practice that specialises in sports, orthopaedic and musculo-skeletal injuries. You can be referred to this practice by your own General Practitioner or by a Medical Consultant or self referral. You will receive prompt and effective treatment which is based on personal one-to-one contact and you may make your own appointments.

The practice intentionally caters for all types of injuries, irrespective of how the injury occurred.

Following a detailed examination, the findings will be discussed with you and a treatment plan drawn up and explained to you. Treatment plans are specific to each patient for the injuries they have received. The plan will cover your treatment from initial consultation right up until you have recovered from your injury and have returned to full fitness.

Treatment may include mobilization (the gentle loosening) or manipulation (the stronger passive movement) of a joint, traction (for the stretching) of tendons and ligaments, exercise (for the strengthening) of muscles, education (for the correction) of poor posture as well as massage and electrotherapy (e.g. ultrasound, interferential) for the repair of soft tissue.



The practice is situated less than half a mile (north) from the centre of Bramhall Village, at 14 Ladythorn Road, Stockport.

The premises are easily accessible by either bus or train from Bramhall Station, located in Bramhall Lane South, only 200 yards from Ladythorn Road. The County Hotel is the nearest familiar landmark and is situated on the corner of Ladythorn Road and Bramhall Lane South.

Should you wish to travel by car, there is a small car park at the front of the premises, as well as ample parking space on Ladythorn Road itself.

Post: 14, Ladythorn Road, Bramhall, Stockport, Cheshire, SK7 2ER.

Tel: 0161 - 439 - 4806

Mobile: 07831 718201

E-Mail: physio@ruthwood.com