

PHYSIOTHERAPY CENTRE OF THE YEAR

Light Joints Physiotherapy

Light Joints Physiotherapy's founder, Daniel Thomson, is a trailblazer in the industry, devising new and innovative ways for individuals to receive treatments. The specialist identified the requirement to provide a community service that connected physiotherapy clinical sessions with an onsite gymnasium, which allows patients to now undertake supervised rehabilitation programmes. The main services offered at Light Joints Physiotherapy are currently focused on musculoskeletal and neurological physiotherapy, treating patients with physical injuries and stroke related movement issues. The intention in the future, however, is to expand the business to provide new treatment processes through the utilisation of technological solutions.

The judges were particularly impressed by the personalised programmes of treatment administered to patients at the Bradford-based centre. Light Joints Physiotherapy supports recovery by using an evidence-based approach for the complete management of musculoskeletal problems. By working in tandem with the Jetts Greengates Gym, the centre is not only available immediately for patrons experiencing discomfort during a workout, but can also supervise exercises for patients to ensure they are completed correctly while providing observed rehabilitation.



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**LIGHT JOINTS
PHYSIOTHERAPY
SUPPORTS RECOVERY
BY USING AN EVIDENCE-
BASED APPROACH
FOR THE COMPLETE
MANAGEMENT OF
MUSCULOSKELETAL
PROBLEMS.**

