

Senior Mobility

Physiotherapy tailored to improving quality of life.



24/7 Customer
Service



Nationwide
Coverage



Personal
Approach



Digital Access to a
Range of Services

Getting older can unfortunately pose many physical challenges.

Whether you're feeling resigned to inevitable loss of mobility, or struggling with ongoing physiological problems, Onhealth can provide a tailored solution to keep you mobile and improve daily living.

Our team of highly skilled and experienced physiotherapists provide a large range of treatments, with patient care and personal goals as the number one priority.

Initial Assessment

In the first instance, a remote initial assessment will be carried out. This is a video call with one of our physiotherapists, where they will assess your mobility issues and the level of pain you may be suffering. During the assessment, they will discuss the options for your treatment plan.

Treatment

Treatment can be carried out in the following ways:

- **Home Exercise Plan** – the physiotherapist will provide you with a range of exercises that you can carry out at home. This type of plan works to alleviate mild symptoms and the physiotherapist will advise how frequently the exercises should be done for the best results.
- **Digital Treatment Plan** – if your mobility issues are moderately severe, the physiotherapist will provide you with home exercises as above, and then arrange further remote appointments to assess your ongoing progress. These appointments will also be carried out remotely via video call.
- **Face-to-Face Treatment** – some symptoms may require physical manipulation and massage. In these instances, your physiotherapist will arrange face-to-face treatment sessions. If you are not based in the North East of England, or would struggle to attend our clinic in Newcastle, we will source a physiotherapist closer to your home address for your treatment.
- **Virtual Treatment** – if you would prefer an interactive approach to treatment but do not wish to attend a clinic in person, we can offer virtual physiotherapy sessions where you will be guided through exercises one to one with your physiotherapist.

Final Assessment

At the end of your course of treatment, your physiotherapist will carry out a final appointment to assess your progress and advise if further treatment is required. You will receive a report from your physiotherapist confirming their advice for your continued mobility.

Cost and Payment

As it is likely that treatment will be ongoing over a number of weeks, we will only ask for you to pay for the initial assessment at the point of booking. Once your physiotherapist has confirmed your treatment plan, payment for the further appointments can be agreed on a weekly or monthly basis as best suits you.

Other Services

For ongoing mobility issues, you may benefit from either Acupuncture or Pilates classes. Your physiotherapist can discuss the benefits of these services during your initial assessment.

At a glance:

- **Acupuncture** involves inserting micro needles into the body at specific points. The most appropriate acupuncture points will be chosen to help the body return to a physical and mental state of wellbeing.
- **Pilates** is a mind and body exercise system aiming to develop strength, flexibility, endurance, and posture without building bulk or stressing joints.

For more information regarding our Senior Mobility Programme, please use the enquiry form on our website.