

Our vision

Promoting a centre of excellence that provides an effective, efficient and holistic approach to healthcare.

Professional Boards

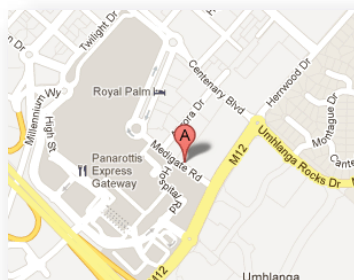
Keshri Fuchs Physiotherapists is registered with:

- South African Society of Physiotherapy
- Health Professions Council of South Africa
- South African Sports Medicine Association

Community Projects

Community involvement includes the running of a physiotherapy clinic at Rolling Hills Retirement Village, setting up of a treatment tent at local sports events and working as part of a multidisciplinary medical team at a religious non profit organisation

Where to find us



Consulting Hours
Mon- Fri : 8:00am to 4:30pm
Sat : On Appointment

Address
Suite 12, Medigate 2, Umhlanga

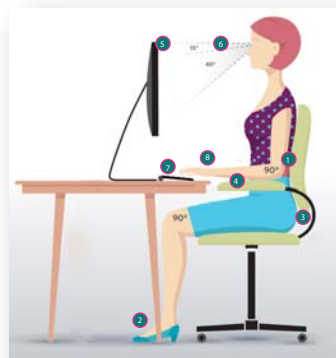
Contact
Tel/Fax: +27 31 584 6554
kesh@netactive.co.za

www.umhlangaphysiotherapist.co.za



Work Smart tips

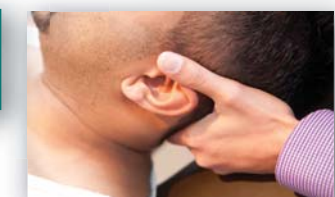
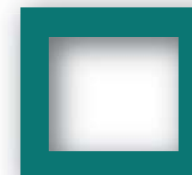
1. Raise the chair until elbows at height of keyboard.
2. Hips slightly higher than knees with feet rested on the floor or footrest.
3. Seated as far back in the chair as possible.
4. Armrests: Keep elbows close to your body, and shoulders relaxed down
5. Monitor: Top most of work at approximately eye level.
6. Viewing Distance: As far as possible while still seeing the screen clearly.
7. Keyboard: Keep the keyboard in close proximity; keep your shoulders relaxed, and wrists in line with your forearm.
8. Keep the mouse in close proximity and alongside the keyboard.



Exercises and stretches for Neck Pain



At the office, take adequate work breaks and stretch by standing or moving around every hour.



Your Health in our Hands



About us



Keshri Fuchs Physiotherapists is a professional registered practice, conveniently located in the heart of the Umhlanga Ridge.

With over 18 years of experience and post graduate training in the orthopaedic manual therapy field, we are on the forefront of innovative and dynamic treatment.

Our practice offers a "hands on" approach to assist your muscles and joints to work to their full potential. An integral part of our treatment is giving the client advice on corrective actions and a comprehensive core exercise program to rehabilitate and prevent further injuries or reoccurrences.

A referral from your GP is not required, you can come to us straight for assistance. The practice charges medical rates and private rates.

Our clients

Our client base extends from the corporate executive with headaches, neck and back ache related to hours slouched over the computer to the home executive and scholar with sports related strains. We offer onsite assessments. The age group that we look after ranges from toddler's with bronchitis, to the stressed working adult and the retired pensioner with degenerative arthritis.



What we do



Headache Relief

There are varying types of headaches namely tension, postural, migraine, cluster, hormonal, etc. Treatment protocol can involve use of joint Maitland mobilisations, myofascial and trigger point release, posture and ergonomic correction with home/work exercise and dry needling to reduce and effectively treat symptoms.

Neck and lower back care

"The common causes" include:

- Sleeping in awkward positions
- Stress and tension
- Previous accidents or injuries
- Degeneration or arthritis
- Poor computer posture/set up
- Poor core muscle strength
- Disc herniations
- Facets or joint derangements



Treatment of sinus and chest conditions

We offer relief from sinus headaches, nasal congestion, asthma and mucus/phlegm congestion in the chest by treating with percussions, nebulisation and teaching breathing control and self care.

Arthritis and treatment of joint pain

Physiotherapy can help you to maintain independence by decreasing your pain and stiffness and through improving your mobility, strength and flexibility.



Treatments



Dry needling

The safe and non painful use of dry needling techniques is very effective in pain control, reduction of spasm and trigger point tenderness and facilitating the musculoskeletal-nervous system working at its optimum.

Sports injury management

As soon as possible and for 72 hours after injury, you should apply this regime, Protection, Ice, Compression, Elevation and Rest. Physiotherapy leads to speedy healing of injury and fewer residual symptoms, improved range of motion, earlier return to activity and reduced reoccurrence



Rehabilitation

An individualised exercise program is tailor made to address the client's weak area's, offer core stability coaching and an exercise home/work programme.



Keshri Fuchs
Physiotherapist

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