



Wilco Grift, Physiotherapist

You can be treated for a wide range of muscles, tendons and joint injuries:

Sport-related injuries

- torsions of joint ligaments (for example ankle sprain)
- (sub)luxations
- muscle injuries (for example rupture of the calf muscle)
- tendinitis (for example tennis elbow)

Postoperative rehabilitation

- after an operation of a herniated disc
- after an arthroscopy of the knee
- after reconstruction of the anterior cruciate ligament

Back and neck problems

- hernia of the lower back
- hernia of the neck
- whiplash
- chronic back and neck problems
- acute backache (lumbago)
- headache
- pelvic instability (after childbirth)

Strain complaints

- RSI (Repetitive Strain Injury)