



ROGER THOMAS
PHYSICAL THERAPIST



Hands on Therapy



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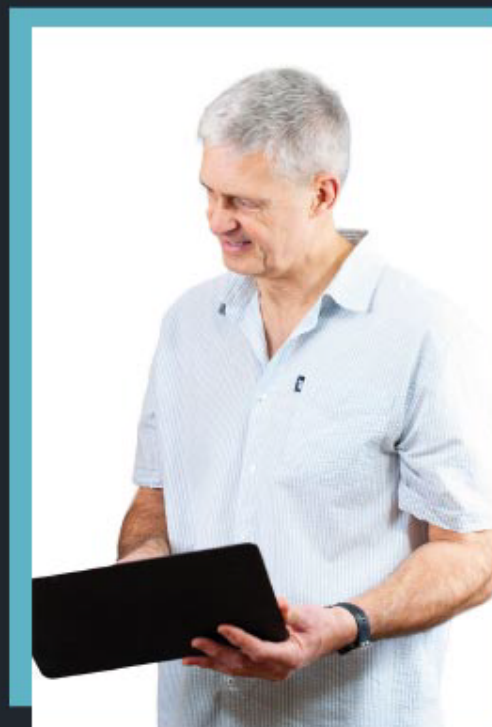
**THE IRISH ASSOCIATION OF
PHYSICAL THERAPISTS**
YOUR HEALTH IN OUR HANDS

About Me:

I been involved in sports since an early age which included representative at under age Leinster Rugby and Junior and Senior International Honours with Irish Rowing.

I have always been interested in the movement and conditioning of the athlete and progressed that to study Physical Therapy in 2003. With nearly 20 years of experience, I have helped thousands of athletes and non- athletes to regain movements they had lost either temporarily or long term.

I have a keen interest in Kinesiology and the correlation of movement throughout the body. My mission is to provide effective treatment, following a full functional assessment, to the presenting condition, taking into account other factors that may not be initially apparent and to arm the client with the information, tools and rehab plan to rehabilitate and maintain function for as long as possible.



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Regulating Health +
Social Care Professionals

Qualifications:

Physical Therapist Ph. Th. I.A.P.T. CORU registered

Studied at The Institute of Physical Therapy and Applied Sciences. IPTAS.

Member of The Irish Association of Physical Therapists

IRFU Strength and Conditioning qualification.

Working together to achieve optimum health

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What is Physical Therapy?



I practice Physical Therapy, which in Ireland, is a hands on discipline that offers safe and effective treatment for a wide range of musculo-skeletal problems whether you are an athlete or not.

Suitable for all ages, it combines a combination of manual techniques including, targeted deep-tissue massage, joint mobilisation, muscle stretching and rehabilitation, muscular realignment and other techniques which are applied in conjunction with up to date techniques and health care principles to help with repair and rehabilitation of chronic injuries. I offer pre-match taping including Kinesiotape and full match/team cover with experience at **International Rugby League, Senior Rugby Union, Interprovincial GAA and National Rowing.** Other special sporting interests include hockey, running, soccer, hurling, rugby, cycling, swimming.



Our Services:

Neck Pain

Shoulder pain

Carpel Tunnel Syndrome

Golfers Elbow (Medial Epicondylitis)

Pins and Needles/Burning sensation

Repetitive Strain Injury (RSI)

Wrist/Elbow sprain

Tennis Elbow (Lateral Epicondylitis)

Back Pain

Pelvis and Hip Pain

Iliotibial Band/IT Band/ITB

Sciatica

Arthritis

Sports and Deep-Tissue Massage

Pre and Post Match Strapping

Physical Therapy covered by:

