

# Website For Phsiotherapy



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## WELCOME TO Physiotherapy & Rehabilitation by Andreas Gschliesser

### ABOUT ME

I am a passionate physio and manual-therapist with a keen enthusiasm in orthopedics and sport injuries. My latest focus is in craniofascial, craniocervical and craniomandibular disorder. My goal is to stay "up to date" with the latest scientific knowledge about physical therapy and offer evidence-based practice therapy. The combination of manual therapy and sport physiotherapy makes it possible to ensure precise diagnosis and therapy.

In my free time I do sports regularly and like to spend time in nature. My experience in my earliest sports career like ice hockey, kitesurfing, soccer, mountain biking and rock climbing enables me to understand traumatic mechanism much better and can provide the right education and treatment.



### EDUCATION

I am very interested in the latest scientific findings in physiotherapy. I am constantly following the changes in science related physiotherapy with great interest. Through the contact with other colleagues and the constant following of recognized and well-known pioneers of physiotherapy from all over the world, I can constantly develop my knowledge.



1

Master of Science in Advanced Physiotherapy & Management

2

Maitland Concept Level 3 – Manual Therapy Maitland Therapist

3

Mulligan Concept – Manual Therapy

4

Spine Manipulation

5

Sports Physiotherapy

6

Pain Management

7

Medical – Sport Massage

8

Lymphatic Drainage

### SKILLS

- ✓ Acute or chronic spine issues like discus herniation, radiculopathy, spondylolisthesis, low back pain, torticollis, spine instability, cervical spine instability, whiplash, lumbar spine instability, claudicatio spinalis (lumbar spinal stenosis)...
- ✓ Cranio/Fascial disorders like trigeminal neuralgia, headache, temporomandibular joint disorder, disc displacements, clicking, dizziness/vertigo, somatic tinnitus...
- ✓ Common sports injuries like knee anterior cruciate ligament rupture, meniscus tears, sprained ankle, shoulder luxation, Tennis or Golfers elbow, Patellofemoral Pain Syndrome (PFPS) and other Musculoskeletal (MSK) injuries...
- ✓ Shoulder Issues like RCSP (Rotator cuff related shoulder pain), Subacromial Pain Syndrome, Shoulder Impingement Syndroms, Frozen Shoulder, general laxity of the shoulder joint (SAPS, SAIS, TUBS, AMBRI), functional shoulder instability...
- ✓ Complex Regional Pain Syndrom (CRPS / Morbus Sudeck) or chronic pain syndrome like low back pain, fibromyalgia, arthritis, osteoporosis...
- ✓ Nerve dynamic issues like carpal/tarsal tunnel syndrome, thoracic outlet syndrome, nerve entrapment, and all other neuro dynamic issues...
- ✓ Hip issues like Femoroacetabular Impingement Syndrome (FAIS), groin pain, dysplasia, femur and/or hip socket torsion, Snapping Hip Syndrome...
- ✓ Postoperative issues like hip prothesis, knee prothesis, anterior crucial ligament (ACL) replacement, torn rotator cuff, knee arthroscopy, spine surgery...



### EARLY WORK EXPERIENCE

In my last job environment, I was responsible of two clinics as the senior physiotherapist regarding the whole patient's management and technical environment of the patient management system.

#### Key Responsibilities:



Screening processing - excluding 'Red Flags' or other serious disease



Evaluating of patient's medical history and musculoskeletal and orthopaedic-neurological disorder



Selecting patient's requirement in chronic issues and/or acute issues



Clinical decision making of a physiotherapeutic diagnosis and prognosis



Providing treatment such as mobilisations and/or manipulating joints, sport massage, lymph drainage



Demonstrating exercise with the right equipment as well as patient education in sport physiotherapy concept program



Developing patients home training specified for the state of injured tissue



Documentation and monitoring the whole treatment series



Analysis and evaluating the outcome of the interventions

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#### Our location

Chao Lai Road, Cha Am District, Phetchaburi 76120, Hua Hin, Thailand



#### Call us on

+66 065-0951104



#### Get in touch

andreas@real-physio.com



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#### Useful Links

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#### Get In Touch

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