**The Ridgway Method**

**Frequently Asked Questions**

**Question: What is the Ridgway Method?**

The **Ridgway Method** is a ground breaking method of physical assessment and therapy which was developed by Michael Ridgway.  Michael has been a physiotherapist for 15 years and is considered a leader in innovation within the Physiotherapy field.

The **Ridgway Method** is a way of ‘problem solving’ your injury. The aim is to **assess** the ‘contributing factors’ for your condition, **prioritise** them and then demonstrate to you the **results** of the treatment within each session.  **Ridgway Method** practitioners aim to give you **control** over your condition so you know how to prevent it from returning.

**Ridgway Method** practitioners may still use some more familiar physiotherapy methods for treatment such as joint mobilisations, muscle releases, advanced exercises, nerve releases etc, but they are able to **target** these treatments to your condition with more precision.

**Question: Why is this thinking so different?**

* **No assumptions** are made about a condition and it's possible causes
* Every condition and **every person** is seen as an individual
* What works for one person may not work for another, so every assessment starts with a '**clean slate**'
* Only the **results** with each individual **matter**
* No limits are placed on the **speed of recovery** and pain-free function, no matter how old the condition
* All skills and modalities that gain dramatic results are appropriate to use with this process
* All of the latest in **evidence based research** is utilised

**Question: How long will it take to get results?**

It’s often possible to notice results in the first session.  Sometimes these results are quite dramatic.  Usually we aim for a 30-50% change in a session.  For most people, this means total recovery time is **shorter**.  This means **fewer** **total visits** and **lower overall cost**.  We endeavour to outline a **time-frame** for recovery and indicate **how many** treatments sessions you are likely to need for a full recovery.  History demonstrates an average of 5 sessions per condition and 95% of injuries are solved in 2-12 Days.

**Question: Why aren’t you ‘treating’ the bit that hurts?**

The ‘**bit that hurt’s**’ is normally the **symptom**. Treating the **bit that hurt’s’** doesn’t always work that well in the long run. We aim to get to the **source of the problem** and **demonstrate to you** that treating all the **contributing factors** improves your movement and your body’s function. The symptom, such as pain, tends to turn off when the source of the problem is addressed directly.

**Question: What is a PCF?**

This is the **P**RIMARY **C**ontributing **F**actor. This is the ‘thing’ you will be working with your Physio to find.  When the PCF is identified your recovery is accelerated. Over the first few sessions we will be searching for areas in your body which may be contributing to your problem.  Please note, being thorough at this stage, normally saves time in the long run.

**Question: What exercise and activities can I do?**

Looking after your ‘PCF’ is the best way to speed your recovery and prevent the problem from returning.  We may ask you to modify some activities for a short time.  Only in rare cases do we recommend short times of avoiding activity.  In most cases we recommend you do as much activity as possible while doing your best to look after your PCF – we show you how to do this. We aim to **demonstrate** how exercise improves your movement and your condition.  This will usually be your ‘homework’.

**Question: Does the Ridgway Method always work?**

We’re getting great results for the vast majority of our clients with this method. Where we don’t see rapid results or the results don’t last, it sometimes means we need to consider other options.  For example, maybe we need imaging to check things out.  Maybe a referral to a Medical Specialist might help?  Some clients come in to trial a course of Physio before considering surgery.

Again, 3 or 4 treatments is usually enough to know whether this is working for you.  With traditional Physio methods, getting to this stage often takes much longer.

**Question: Why is progress slower for me?**

We ask you to allow at least 3 to 4 session to assess whether the treatment is working for you.  There are a few things that can slow progress a little.  For example, some conditions have multiple contributing factors may take longer to find the cause.  Other conditions occur at unpredictable times and are more challenging to demonstrate an immediate improvement. Improvement may be seen up to 4 days after the session in some cases.  We will let you know if this is likely to apply to you.

**Question: Are there any side effects to treatment?**

Is not unusual to feel some soreness or a bruised feeling around the treatment area.  Occasionally, clients have responses such as slight dizziness or nausea as the area is treated.  Some people report feeling a bit ‘washed out’ or tired following a session.  These are all normal and temporary responses and sometimes part of dramatic improvements in conditions.  Just let your Physio know if you experience any unusual symptoms.

**Question: How do I make sure that progress is as fast as possible?**

Once it is identified, look after your PCF and avoid aggravating activities until your body is ready. Do your homework and notice any daily activities or movements which aren’t yet 100% (make a list).  Aim to pay attention and be involved in the session.  **Talk to us, we like feedback from you, both ‘good’ and ‘bad’. Open communication will speed your recovery.**