

Physiotherapie Altmannsdorf

Andrea Kucera, Physiotherapeutin

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Physiotherapy – Therapy by Movement

The ability to move is a basic ingredient of life. I consider it my task to re-establish movement and thereby enhance the quality of life, implementing manual therapy techniques, functional movement theory, training and relaxation techniques. These are complemented by individualized posture and activity trainings.

Andrea Kucera
Physiotherapist

Common Indications:

- (Muscular) Tenseness
- Overuse symptoms of the musculoskeletal system
- Headache (spine or tenseness related)
- Cervical syndrome/Cervical instability
- Backache/Sciatica/Low back pain
- Rupture of ligaments e.g. cruciate ligament of the knee
- Treatment after arthroscopy (knee, shoulders)
- Aching splayfoot
- Weakness of the pelvic floor/ incontinence
- Bad/damaged posture
- Mandibular joint trouble
- Rheumatic diseases

People suffering from strain/exertion of the musculoskeletal system, bad or damaged posture, overactive bladder/incontinence, headache or after accidents and operations come to see me. Further, if any particular movement causes pain or the freedom to move is restricted, this can also be a reason to look for physiotherapeutic advice – e.g. if a new sportive technique causes pain or discomfort. Treatment options and methods are as different as the individual people are.

Therapy starts with comprehensive assessment establishing the cause of the irregularity (muscle, joint, nerve ...). This forms the basis for treatment, which consists of general physiotherapeutic measures (massage, electrotherapy, heat/frost therapy ...), specific joint movement techniques and an individually refined rehabilitation program. After treatment there is re-assessment to enable continuous control and, if required, readjustment of the therapy. An assessment at the end documents the final result of the therapy.

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Athletes of various disciplines, musicians (orchestra, soloists, amateurs as well as professionals) and dancers are also being successfully treated.

There is no time of waiting in my practice.
Please phone 0664 39 38 615 for an appointment.

I am working self-employed on referral by a medical doctor. Reimbursement by the Austrian sick funds (GKK) requires approval of the original referral note by a 'Chefarzt'. Further, you may claim back the cost of a consulting session under the terms of prophylactic medical check-up. In any case you will receive a receipt that will also be accepted by your private health insurance.

Curriculum vitae

Born 1963, Final School Exams 1981, Diploma of Physiotherapy 1984

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|-------------|--|
| 1984-1994 | Rehabilitation Centre (Rheumasonderkrankenanstalt der gewerblichen Wirtschaft) in Baden near Vienna (specialized in orthopedics, rheumatology and rehabilitation) |
| Since 1994 | working in private practice |
| 1994-1997 | working in the practice of an orthopaedic surgeon/sports traumatologist Fitnesscenter "Manhattan" (Preventative Physiotherapy:fitness-tests for beginners) |
| since 1996 | Sozial Global: Basic and advanced training of home care attendants |
| 1997 - 2005 | K&K Physiotherapy: my first practice in the 6 th district together with my colleague Robert Kriz. |
| since 2005 | Physiotherapie Altmannsdorf: my own practice in the 12 th district with special focus on orthopedics, sportstraumatology, prevention and rehabilitation |

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Post-graduate courses:

- 1983 **Basic Teaching Certificate** Margaret Morris
Movement in
Hertford, England
- from 1985 Courses in **Funktioneller Bewegungslehre Klein-Vogelbach** (FBL)
- from 1992 Courses in the **Maitland Konzept®** in Switzerland (Bad Ragaz and Zurzach)
- 2000 Level 3; final course of the post-graduate course system in manual therapy
- 2001/2002 Assistant in the **Maitland Konzept®**
- since 2001 President of the Austrian Association of Manual Physiotherapy (Maitland-Konzept®).
- February 2002 **Certified expert for physiotherapy admitted to advise Austrian legal courts** ('Allgemein und gerichtlich zertifizierte Sachverständige für Physiotherapie') – special areas: orthopaedics, accident surgery, manual therapy
- Since 2005 Courses for legal experts; main topics:
- the correct documentation
- compensation
- cervical injuries after car accidents seen from doctors, technicians and lawyers
- 2008 2011 Every two weeks there is held -apart from the patient treatments - a **lactation group** for breastfeeding mothers
Various meetings eg. on Health for musicians (**ÖGfMM**)
- 2011-2014 Special post-graduate courses at the Med Uni Vienna, Center for Anatomy and Cell Biology: practical anatomy for manual therapists
- 2014-1016 Various articles for the **AUVA Magazine** (Austrian Workers' Compensation Board)
- 2017-2018 **Recertification** as expert for physiotherapy admitted to advise Austrian legal courts , several reports written

.....**TO MAKE MOVEMENT MORE FUN AGAIN**.....

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