



We offer a large variety of different therapies, our aim is to provide relief from distressing symptoms as well as enabling rehabilitation. Our therapists are all trained and experienced practitioners and are members of relevant professional bodies.

Complementary therapies are used alongside conventional treatments with the aim of providing psychological and emotional support through the relief of symptoms. Complementary Therapies available:

- Aromatherapy
- Gentle Touch Massage
- Reflexology
- Relaxation

Complementary therapies are not an alternative to medical treatments; they do work alongside them to promote feelings of relaxation and wellbeing. They can also help with emotional and physical symptoms. They work by helping to restore balance both physically and emotionally. Helping the person to relax and creating a feeling of wellbeing can help to reduce stress and tension, ease ache and pains, help improve sleeping patterns, help lift mood and reduce anxiety.

Physiotherapy treatment at ellenor uses a range of treatments and exercises to improve or maintain physical functioning, improve quality of life and support patients' wishes to remain living their lives to full potential, maximising independence.

Common problems that may be helped by physiotherapy are reduced mobility, fatigue and lethargy, shortness of breath, muscle weakness, neurological impairment and pain.

The Physiotherapist at ellenor works across the Inpatient Unit, Day Therapy and sees Hospice at Home patients either in their own homes, or at the Hospice in Gravesend as Outpatients.

Physiotherapy focuses on helping patients to improve and maintain their quality of life, and to make people as independent as possible regardless of prognosis.

Physiotherapists will provide rehabilitation to people with a palliative diagnosis so they can function with as minimal dependence on others as possible.