

**Ilaria Miliani**

I'm a physiotherapist. I use osteopathic techniques which are based on the holistic principle that the health of an individual depends on their body functioning as a unit; where joints, muscles, ligaments and bones function smoothly together. Osteopathy treatments have been proven to be a highly effective way of treating pain in different areas of the body.

Manipulative treatment is a unique speciality that applies hands-on treatment to the body's framework. It is used to treat somatic dysfunctions. Somatic dysfunctions are impairments of the body's bones, muscles and fascia that may impede organs, joints, nerves and vasculature.

I will be able to make a clear assessment and plan after the initial assessment. Please contact me if you or your physician suspects such an issue of your body's framework.

My treatments include:

Ankle Instability

Adhesive Capsulitis

Back Pain

Bicep Muscle Strain

Biceps Tendinitis

Calf Muscle Strain

Carpal Tunnel Syndrome

Cervical Radiculopathy

Chronic Lateral Ankle Pain

Coccygeal Pain

Common Peroneal Nerve Dysfunction

Discogenic Pain

Ehlers-Danlos Syndrome

Elbow Pain

Facet Joint Pain

Gluteal Muscle Strain

Golfer's Elbow (Medial Epicondylitis)

Headache

Heel Pain

Hip Impingement

Hip Muscle Strain

Hypermobility Syndrome

Hypertonic Pelvic Floor Disorders

Jaw Misalignment Leading to TMJ

Jaw Sprain

Joint Pain

Joint Stiffness

Knee Injuries

Knee Ligament Injuries

Knee Pain

Knee Sprain

Knee Tendinitis

Ligament Sprain

Low Back Pain

Lumbar Disc Degeneration

Lumbar Herniated Disc

Lumbar Radiculopathy  
Lumbar Spinal Stenosis  
Lumbar Sprain  
Marfanoid Hypermobility  
Migraine  
Muscle Hypertonia  
Muscle Spasm  
Neck Muscle Strain  
Neck Pain  
Neuro-Muscular Conditions  
Pelvic Girdle Pain  
Pinched Nerve in Back  
Pinched Nerve in Neck  
Piriformis Syndrome  
Plantar Fasciitis  
Radiculopathy (Not Due to Disc Displacement)  
Rib Cage Pain  
Sacroiliac Joint Dysfunction  
Sacroiliac Pain Syndrome  
Sacroilitis  
Sciatica  
Shoulder Impingement Syndrome

Sinusitis

Spasmodic Torticollis

Stiffness

Strain of Muscle and-or Tendon of Forearm

Tennis Elbow (Lateral Epicondylitis)

Tension Headache

Thoracic Disc Disorders

Thoracic Outlet Syndrome

TMJ

Upper Back Pain

Whiplash

Wrist Pain

Through mobilisation, manipulation, exercise and manual therapy, I aim to restore normal function to patients suffering a wide range of injuries, or pain. I have extensive training in neurology, geriatrics, pulmonology, rheumatology and paediatrics I'm very passionate about treating babies. Every single one of my paediatrics treatment approaches is gentle.

Ilaria Miliani  
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**[fisioterapia-firenze.it](http://fisioterapia-firenze.it)**