



Fitness Training & Wellness

For a personal approach to training Physio4Life offers highly trained fitness advisors who carry out 1:1 and 1:2 fitness training sessions, in our fully equipped gymnasium.



They are also able to offer wellness tests such as blood pressure, BMI and body fat tests, as well as a food diary analysis for weight control.

Sports, Therapeutic & Pregnancy Massage

Our qualified massage therapists are able to carry out a massage experience tailored to suit the clients needs and requirements, whether it be:

- Sports
- Remedial
- Therapeutic
- Pregnancy
- ART (active release techniques)
- MET
- Reflexology

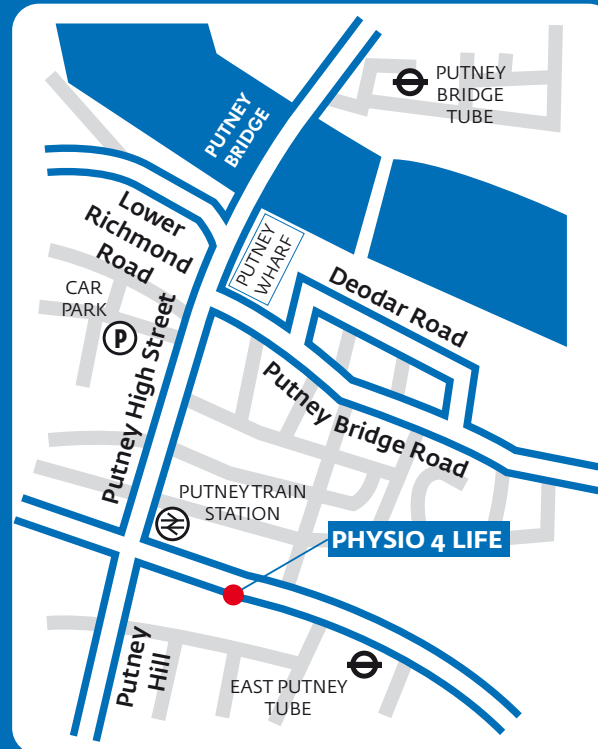
Using a combination of deep tissue massage stretching techniques, the massage therapist works deep into the muscles to relieve tension and stiffness. This reduces both physical and emotional stress by breaking down trigger points and adhesions. This aims to realign muscle fibres, increasing flexibility and improving muscle tone.

Having a massage on a frequent basis will ensure that your muscles are working optimally and also lessen the chance of becoming injured.



Contact Us

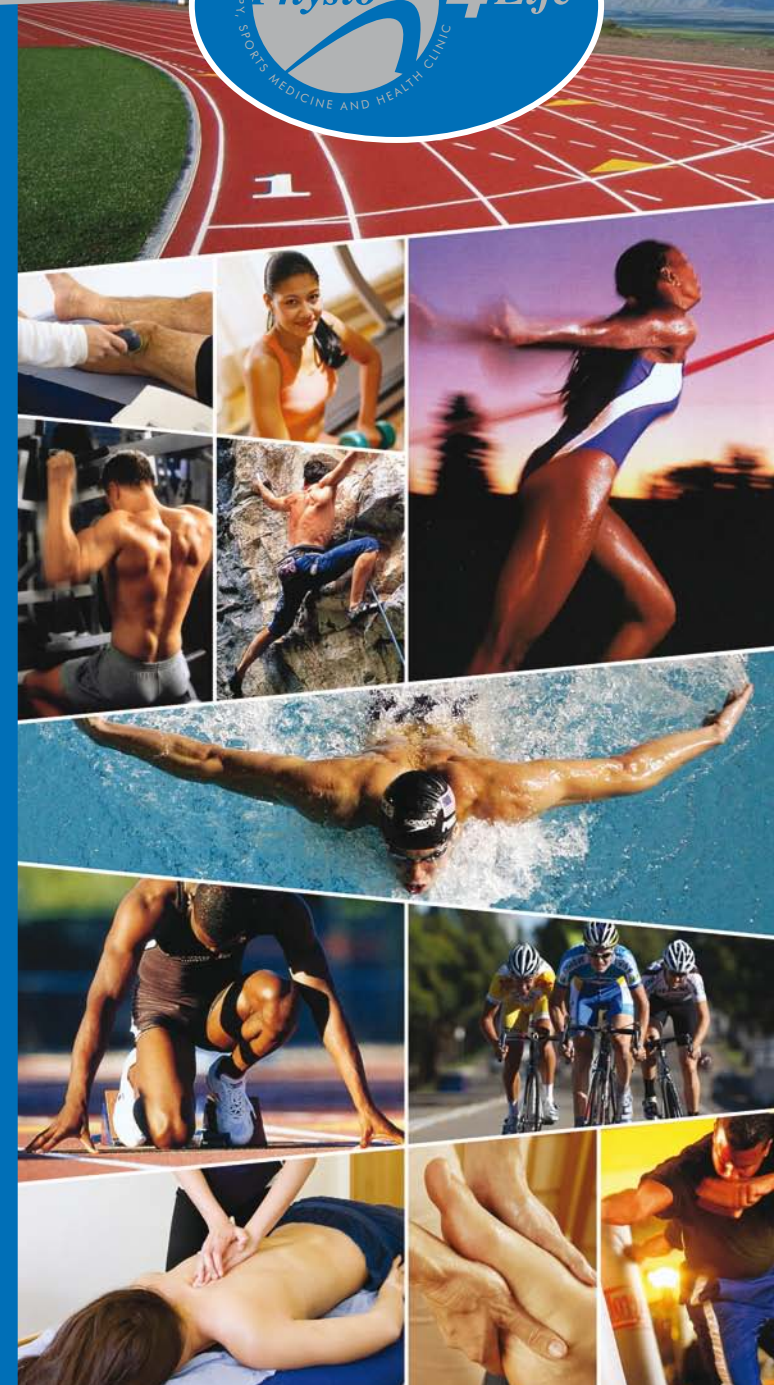
Putney Medical Centre
125 Upper Richmond Road, Putney SW15 2TL
T: 020 8704 5998 | F: 020 8704 5989
E: admin@physio4life.co.uk



Opening Hours

Monday 07:00 – 22:00	Thursday 07:00 – 22:00
Tuesday 07:00 – 22:00	Friday 07:00 – 20:00
Wednesday 07:00 – 22:00	Saturday 08:00 – 16:00

Class Timetable & Further Information
www.physio4life.co.uk



Physio4Life Ltd

Why choose us?

Physio4Life is an award winning physiotherapy clinic. Our facilities include a 4000sqft purpose built medical premises, with seven spacious treatment rooms, a fully equipped gymnasium and separate Pilates Studio.



Physio4Life provides a multi-disciplinary team of professionals that work together to compliment each other, with an in-house team of:

- Physiotherapists
- Massage Therapists
- Biomechanical Specialists

Physio4Life's aim is to provide the very best in physiotherapy and rehabilitation to all of our clients at affordable prices and to ensure they are able to return to their everyday lives with minimal disruption. The long opening hours ensure appointments are available for even the busiest clients.

Chartered Physiotherapy

All our physiotherapists are highly qualified, many with MSc specialisations and additional post graduate experience. Physiotherapy treatments are claimable under most private medical insurance policies.

Physio4Life Services

- Sports Injuries & Rehabilitation
- Shoulders, Back & Neck discomfort
- Postural & Musculoskeletal Screening
- Gait Scan and Orthotics
- Pre and Post-Natal Care
- Women's Health Care
- Chronic Pain



Physiotherapy is vital after injury; the sooner the better. Even during the initial inflammatory phase (24-48 hours) physiotherapy modalities will reduce damage caused.

What does an Initial Physio4Life Physiotherapy Consultation Involve?

- 1 Hour Meeting
- Full Client Confidential Medical History
- Musculoskeletal Assessment
- Diagnosis
- Full Treatment
- Treatment Plan / Rehabilitation Plan



What Treatments do Physio4Life Offer?

- Manual Therapy
- Electrotherapy (e.g. ultrasound)
- Acupuncture
- Manipulation
- Mobilisation
- Rehabilitation Exercises

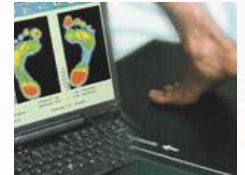


Physio4Life Best Practice Policy

Physio4Life ensures to provide the best practice by using the most current techniques and research to enable the best treatment for clients and to refer on to GP's, Surgeons and Sports Medicine Doctors when required.

Foot Orthotics & Gait Scan

Physio4Life offers foot specialists that can assess and treat numerous problems using the latest in gait scan technology and video analysis. Orthotics can be prescribed in all types of shoes and used to treat and prevent:



- Running Injuries
- Knee Pain
- Back Pain
- Achilles Tendonopathy
- Plantar Fasciitis
- Shin Splints
- Morton's Neuroma
- Bunions
- Runners Knees (ITB Syndrome)

Physio4Life Pilates Services

Physio4Life has a purpose built Pilates studio, offering both mat work, reformer, Cadillac and Chair machines for 1:1 classes or small groups (max 10 people).

Pilates is an exercise discipline that has four main objectives:

- To build strength without adding bulk
- To balance strength with flexibility, improving posture
- To use the mind-body connection to improve technique & efficiency
- To help prevent back pain and sports injuries



Physio4Life offers all levels of classes from beginner through to masterclasses.

Pilates & Pregnancy

Many women find Pilates to be a good form of exercise to do, both during and after pregnancy. Pilates enhances and builds core strength and abdominals, whilst toning the back and pelvic floor muscles to support a more comfortable pregnancy. The discipline of Pilates also allows women post pregnancy to focus on these core muscles and isolate specific muscle groups to assist them to return more easily to their pre-pregnancy figure.