

## HOW CAN WE HELP?

If you have back pain, whiplash, arthritis or a sports injury, we can help. We offer specialist assessment and treatment for conditions that affect your muscles, joints, nerves and discs. All of our physiotherapists are experienced and highly trained to ensure you get the most appropriate care.

At your first appointment your physiotherapist will carry out a comprehensive assessment of your condition and help you understand what's wrong. Your treatment will be customised to your needs and will address all contributing factors.

Enquiries & Booking Appointments  
020 7482 3875  
info@complete-physio.co.uk  
www.complete-physio.co.uk



## Testimonials

*"Thank you to all at Complete Physio for my excellent care. Following 6 months of pain from a quite nasty whiplash injury the physio understood and most importantly knew how to effectively treat this very debilitating injury."*

*"My physio tailored my rehabilitation to my specific goals and my knee got stronger and less painful. Good job!"*

*"My physiotherapist was excellent. He knew exactly what was wrong with my back and what to do about it"*

*"They liaised directly with my GP, I felt confident that my problem was clearly understood throughout and managed extremely professionally."*

## WHAT DO WE TREAT?

### Back Pain

Experience teaches us that no two back pain sufferers are the same. There are common and often predictable patterns but overall presentation will always be unique. A thorough analysis of your problem is key to ensuring the most appropriate management and treatment programme.

We are experts in the treatment of:

- o Acute low back pain and sciatica
- o chronic back and neck pain
- o Whiplash injuries
- o Headaches
- o Discogenic lesions 'Slipped disc'
- o Muscular back pain
- o Posture related back and neck problems

### Sports Injuries

We have a proven record in the treatment of sporting and running related injuries e.g Achilles tendon problems, muscle tears and knee pain. It is our aim to help you to reach your goals and achieve your sporting and fitness potential.

We are dedicated to helping you achieve your goals and will work closely with you through the entire rehabilitation process to ensure they are met.

We are experts in the treatment of:

- Sports injuries
  - o Tendon sprains and strains e.g. Achilles tendonitis, shin splints, tennis elbow and ligament sprains
  - o Acute muscular injuries/tears
  - o Chronic overuse injuries – biomechanical problems
- Post surgical rehabilitation
  - o ACL reconstruction
  - o Arthroscopy
  - o Shoulder decompression or rotator cuff repair

Your physiotherapist will liaise directly with your GP if further investigations or referral to a consultant or other health professional is required.

### Price List

Assessment & First Treatment	from £45
Follow-up Treatment	from £35
Home Visit	from £90

Booking Appointments - 020 7482 3875

## WHAT TREATMENT DO WE OFFER?

Physiotherapy is about helping people to achieve their maximum potential through movement and function.

This will mean different things to each of us – be it training for the London marathon or triathlon, enabling us to train hard in the gym or to be able to get through the week at work in the office without pain.

At Kentish Town Physiotherapy Clinic we are highly skilled and experienced physiotherapists who are qualified in a variety of treatment techniques:

- Joint manipulation and mobilisation
- Acupuncture
- Rehabilitation – individualized exercise programmes
- Rehabilitation Pilates
- Soft tissue release techniques
- Sports massage
- Ergonomic analysis and advice
- Functional exercise and education



## MEET THE TEAM

### Eirian Rees

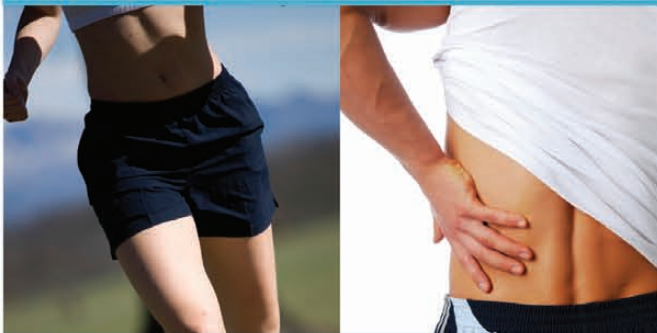
Eirian has extensive experience in treating joint and muscle problems. The majority of his career has been spent working in sports and spinal clinics. He has a keen interest in manual therapy and myofascial release techniques. Eirian is able to offer a wide range of treatments and expert advice on long term and complex musculoskeletal complaints as well as acute injuries.

### David Baker

As a clinical specialist physiotherapist David has vast experience in treating a wide range of musculoskeletal problems. David worked for a number of years as a specialist A&E based physiotherapist within a large London teaching hospital. He has specialist training and keen interest in the management of acute and sub-acute soft tissue injuries and spinal disorders.

### Chris Myers

Since qualifying as a physiotherapist Chris has gained extensive experience in the treatment of sports injuries and musculoskeletal pain. His background is in the NHS (Clinical Specialist Musculoskeletal), professional sport (Tottenham Hotspur FC) and private practice. He is trained to Masters level in Sports Medicine and uses a variety of treatment techniques to get clients out of pain and back to full function.



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**www.kentishtownphysio.co.uk**

*We are committed to the delivery of a high quality service to meet the needs of our clients.*

- *NO WAITING LIST to delay treatment*
- *Same day appointments available*
- *Close to tube stations*
- *Registered with all health insurance companies (BUPA, AXA PPP, Norwich Union)*

*All physiotherapists are members of the Health Professional Council (HPC) and members of the Chartered Society of Physiotherapists (CSP)*



**we provide on-site specialist physiotherapy to meet your needs**

