

Your Journey to Optimal Health

Expert therapy for pain relief, better posture and peak performance

Target

We find out what is causing your problem and we make sure you fully understand the issue.

We do this by:

- Taking a detailed case history
- Carrying out a thorough physical examination of your body

You will receive a review that outlines our findings and your goals.

Fix

We treat your muscles, joints, and nervous system with our hands.

We solve the root cause of your issues and not just:

- Relieve aches and pains
- Restore your mobility
- Improve your posture
- Renew your physical adaptability

A tailored rehabilitation programme may also be prescribed.

Look after

We solve the root cause of your issues and not just for effective pain relief.

Routine maintenance visits will:

- Help you achieve your goals
- Future proof your body
- Update your knowledge on what's going on with your body



We accept insurance from most providers:



bodytonic clinic[®]

Osteopathy, Chiropractic, Physiotherapy, Foot Health, Shockwave, Pilates, Massage Health & Beauty

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What is Osteopathy, Chiropractic and Physiotherapy?



- Osteo's, chiro's and physio's are medical professionals registered with governing bodies - the GOsC, the GCC & the CSP and HCPC
- Osteo's & physio's are also viewed as allied health professions (AHP's)
- All three promote, restore and maintain your musculoskeletal & nervous systems
- All three involve joint mobilisation & manipulation, massage, prehab & rehab, mindfulness, and many more techniques
- All three may also use medical acupuncture, shockwave (radial & focus), ultrasound and clinical pilates as part of your treatment
- All three relieve pain, improve function, and maximise your wellbeing
- All three will help to guides you towards your goals with treatment tailored to you
- You do not need a GP referral to access treatment privately and you can also use private health insurance (please speak to your insurance provide first)

Your recovery is a journey
and we are here to help
Target, Fix, and Look after
your body



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bodytonic[®] clinic

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