



The
PHYSIO
THERAPY Centre



HOME PHYSIO

we come to you

www.thephysiocentre.co.uk



ABOUT US

Our philosophy has grown from the experience of successfully working with thousands of clients and developing a unique method focussed on creating permanent transformations in people's health.

3 STEP RESULTS FOCUSED SYSTEM

- 1 **Discover** the root cause of your problem & identify what you want to achieve. We develop a tailored plan with you.
- 2 **Transform** through the implementation of your unique plan and help you overcome your pain and functional limitations.
- 3 **Master** for yourself, having achieved your desired result, we will give you the skills necessary to master your new level of life for the future.



WE COME TO YOU

Through developing great rapport with clients and understanding their goals, we provide guidance, support, empowerment and problem solving throughout the recovery process. Being able to see people in their own homes enables a 'real life' approach to rehab.



JOINT REPLACEMENT REHABILITATION

Rehabilitation and exercises following hip, lower limb and ankle fractures



POST FRACTURE REHABILITATION

Rehabilitation and exercises following hip, lower limb and ankle fractures



POST HOSPITAL STAY & MOBILITY

Advice, support and rehabilitation following a stay in hospital or multiple injuries.

LAURA HOLDWAY

COMMUNITY SPECIALIST
PRACTITIONER

Our specialist orthopaedic practitioner carries out visits in your own home, or community setting. Providing expert treatment in comfortable, safe and familiar surroundings.



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