



LATEST NEWS FROM PHYSIOTHERAPY CLINICS (CHESHIRE) LTD.

EXPERT ASSESSMENT & TREATMENT

We Have Moved Home!

by Jillian Malone BSc (hons.) MCSP

As many of our regular clients will be aware, Physiotherapy Clinics (Cheshire) Ltd finally moved into new premises this month! Our new HQ has been an ongoing project for the last 12 months. Situated on the old High Street in Winsford (formerly a branch of Swinton Insurance), we are hoping that our new place will provide better facilities and services for our existing and future clients, and of course be more visible to passers by!

Where it all began...

The physiotherapy clinic was established in 2012, where we set up in a converted garage building at our home on Swanlow Lane. It soon became apparent that we needed a bigger premises, so when we heard that Swinton insurance were closing their branch, we were quick off the mark to enquire!

Twelve months after our initial viewing of the property, 94 High Street has had a full makeover thanks to the team at Kingfisher Management Ltd, who have done an excellent job of the refurbishment. We now have a spacious reception area and two modern treatment rooms.

New member of staff!

Coinciding with the move to new premises, we also welcome our new member of staff Debbie Savage, our clinic receptionist extraordinaire! Debbie will be front of house in the new clinic, welcoming clients and booking in appointments.

No Waiting Lists

Did you know that if you have aches, pains or injuries you can refer yourself for a physiotherapy assessment? There is no need for doctor's referral, just give the clinic a call and we can get you booked in. We pride ourselves on being able to provide appointments within 24 hours if necessary. If you are in pain, the last thing you need is a long waiting list! We can even visit you at home if necessary.

Treatments available

We offer various treatments here at the clinic. In addition to treating your current problem or injury, we also endeavour to stop it returning! Here are some of the treatments we offer:

- Joint manipulation & mobilisation
- Deep tissue / sports massage
- Acupuncture
- Pilates & rehabilitation

Why not call us to have a chat about your condition or injury? We offer free advice!



Exercise of the month

The 'Bridge'! This is a very popular exercise amongst physiotherapists and Pilates instructors. Try this to strengthen abdominals, glutes and deeper core muscles. Great for toning, but also very useful in preventing back problems! Try 10 repetitions, twice per day.



Physio Fact Corner!

The human body has over 600 muscles... that makes up for 40% of the body's weight! We also have 206 bones in the body, and an impressive 45 miles of nerves in our skin. We are quite remarkable aren't we?

FOR MORE INFORMATION

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