

Sudbury Physiotherapy & Sports Injury Clinic

Sports & Swedish Massage

Deep tissue massage can help alleviate pain and stiffness and help release chronic tension

**Full Body Massage,
Back, Neck &
Shoulders**

Plus

Reflexology Aromatherapy & Indian Head Massage

Appointments available on Thursday and Saturday mornings

PHYSIOTHERAPY

For all musculo-skeletal injuries from head to toe:

Sports injuries

Shoulder strains and problems

Neck & back pain including sciatica and whiplash

Painful and arthritic joints, strains and sprains

We can help to return you to your sport, leisure activity, work or improve your quality of life

OPEN

**Monday - Friday daytime
Monday & Thursday evening
Saturday am**

Special discount to the over 65's

Pilates

Small groups of 3-5 max.

**Classes run by
Chartered
Physiotherapist**

Discount for block of 6

1:1 Tuition available

Slow controlled exercises that target deep abdominal muscles and the spine and improve your posture and co-ordination.

For more information or an appointment:

Tel: 01787 378178

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