

Treatments available if pain is stopping you
gardening

Following a full and thorough assessment of your movement and dysfunction, a chartered physiotherapist could offer the following techniques to help alleviate your symptoms and restore you to full function.

Joint mobilisations

Acupuncture

Joint manipulations

Deep soft tissue massage

Myofascial release

Trigger point techniques

Electrotherapy including,
interferential and ultrasound

Core stability

Exercise programme

Postural education

Biomechanical correction

Gait re-education

Taping/strapping

Coggeshall Physiotherapy

Kate Schofield BSc. MCSP
MAACP

David Schofield BPhy
MCSP MAACP

Coggeshall Physiotherapy is a
Private Clinic at
Coggeshall Surgery
Stoneham Street
Coggeshall

Phone:

01376571181

Or

07845183834

E-mail:

coggeshallphysiotherapy
@googlemail.com

**GET FIT FOR
GARDENING**



Provided by Chartered

Physiotherapists at

Coggeshall

Physiotherapy

Phone:

01376 571181