



Your Nuffield Health physiotherapy.

As the largest provider of physiotherapy in the UK outside of the NHS, we employ some of the country's most skilled practitioners, each with at least five years' experience. So whatever level of treatment you require, you can rest assured that you'll be in safe hands.

Our facilities and treatments are subject to the strictest standards and clinical governance, which ensures we provide only the most up-to-date and effective care. As seven out of 10 of our patients get better with us in five treatments or less, we can also promise to never under or over treat you.

To find your local Nuffield Health

Call 0333 3059 469

or visit nuffieldhealth.com/physiotherapy



See a physio straight away.

We believe that you shouldn't have to wait for the treatment you need. That's why in most cases we can arrange an appointment to see a physiotherapist within 24 hours. Plus, you can book online and choose a date and time that suits you best.

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Nuffield Health. Specialists in you.



FREE

10-day gym
membership

**Stay top
of your
game with
physiotherapy.**

Injury recovery is just one of the many benefits of physiotherapy. No matter what sport you play, physiotherapy can also help keep you top of your game.

nuffieldhealth.com/physiotherapy

Don't wait for treatment.

You'll receive an appointment within 24 hours, getting you back to your best in no time.

nuffieldhealth.com/physiotherapy



FREE

10-day gym membership

Keeping you off the side-lines.

Whether you're injured, need to strengthen certain areas, or want to learn how to reduce the risk of injury, our specialist physiotherapists can help.

nuffieldhealth.com/physiotherapy

How can physiotherapy benefit you?

If you've suffered an injury playing sports, physiotherapy can help you recover stronger and faster. It can also treat any little niggles that would eventually become a part of a bigger problem.

By identifying risk factors such as muscular weakness or tissue overloading, we can help prevent future injuries, so you spend less time on the side-lines and more time enjoying the sport you love.

Specialists in your treatment.

All Nuffield Health physiotherapists specialise in tailoring treatment to each individual. They work to understand the cause of injury and advise you on how to prevent it reoccurring. All of our physiotherapists are trained in Cognitive Behavioral Therapy (CBT), so they can give you the tools and information you need for a faster recovery and injury-free future.

Getting you back on your feet.

Exercise is an essential part of your recovery, enabling you to return to full fitness. Our physios will give you a tailored exercise programme, guide you through your progress, and advise you on any exercises that you'll need to avoid.

Enjoy the gym for free

As exercise is such an important part of your rehabilitation, we offer all of our physio patients 10 days free access to any of our 111 Fitness and Wellbeing Gyms while they are in treatment with us.