

# Helping you to reach your fitness goals faster.

Dear

Did you know that injury recovery is just one of the many benefits of physiotherapy? No matter what sport you play, physiotherapy can help keep you strong, resilient and at the top of your game.

## How can physio benefit you?

If you've suffered an injury playing sports, physiotherapy can help you recover stronger, 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, physio can help prevent future injuries, so you spend less time on the side-lines and more time enjoying the sport you love.

## We're specialists in you.

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

## Why wait for treatment?

With no waiting times, you can be seen within as little as 24 hours. Plus, with seven out of 10 of our patients getting better with us in five treatments or less, we can promise to never under or over treat you.

## Find out more about physiotherapy at Nuffield Health.

Find out more information about how Nuffield Health can help you reach and improve your fitness goals by calling us on or visit [www.nuffieldhealth.com](http://www.nuffieldhealth.com)

Yours sincerely



**FREE**  
**10-day gym**  
**membership**

All physio patients get a free  
10-day gym membership  
and tailored exercise plans  
during treatment.