

What our clients say



I've been looked after by Gary for the past 9 years. He's treated and rehabilitated pretty much every part of my body over the years from my head to my toes. I can't thank him enough for his help and support with my career as a professional footballer. May God watch over Gary in his new venture in private practice.

Linvoy Primus MBE (ex professional footballer)



Tracy is the best masseuse I've ever had and will do wonders for your flexibility. I wouldn't be running still without her!

Lorraine



I have trouble finding the discipline required to attend regular exercise classes. Sarah has devised an exercise class, which concentrates on core stability and drills aimed at developing the key muscle groups utilised in the Golf swing. I enjoy the class, which is fun and I am sure my Golf has improved.

Rosalind



Katie was patient and spent time making exercise awesome! She tailored it to what I wanted to achieve and motivated me to get out of my comfort zone.

Jemma

The Gary Sadler Physiotherapy clinic opened in 2013. we have 2 chartered physiotherapists, 1 sports massage therapist and a personal trainer.

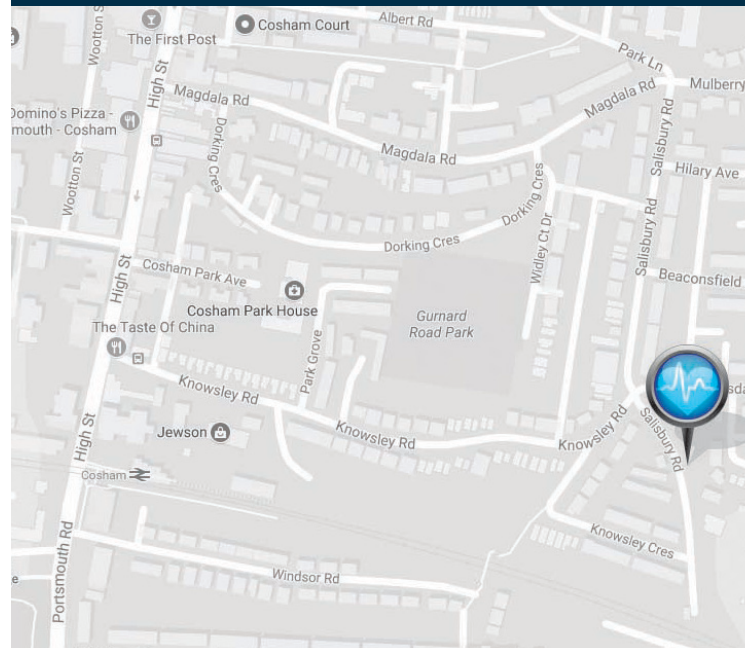
All members of the team have come from running their own successful businesses and work together to provide the best care for their clients.

Facilities

Car parking

Well equipped rehabilitation gym

Disabled access



Gary SadlerTM
PHYSIOTHERAPY CLINIC



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**Getting You Back
on the Road to Recovery**

Conditions we treat

- Back & neck pain
- ITB syndrome
- Headaches
- General sprains & strains
- Shoulder, hip & groin pain
- Whiplash

Tendon Injuries

- Achilles
- Patellar
- Hamstring
- Tennis elbow
- Golfers-elbow
- Plantar fasciitis
- Rotator cuff

Treatments Available

- Joint mobilisation
- Joint manipulation
- Neurodynamics
- Massage & soft tissue techniques
- Taping & strapping techniques (including kinesiology)
- Acupuncture
- Functional rehabilitation
- Electrotherapy (ultrasound, interferential, compex, deep tissue oscillation)
- Radial shockwave treatment
- Deep tissue sports massage
- Cupping

What we do

Physiotherapy aims to restore movement and function when a person sustains an injury. The foundations of Physiotherapy practise are based on a comprehensive knowledge of the body's anatomy, physiology, biomechanics and pathological processes.

With this combination of knowledge a Physiotherapist can evaluate pain and dysfunction to determine how best to resolve it.

What is a sports massage?

A sports massage is a deep tissue technique to a specific area/problem. Massage is used to alleviate stress and tension in the soft tissue caused during exercise.

There are three types of massage: pre, post and corrective.

Here at the Gary Sadler Physiotherapy clinic we have an experienced massage therapist who works closely with our physiotherapists to provide the best results for you.

Personal Training / Nutrition

Personalised exercise sessions either one to one or in small groups, tailored to your level and goals e.g. injury rehab, strength and conditioning, weight loss.

Assessments and home-based plans also offered. Weekly flexibility classes in a small group. Nutrition consultations, courses or weight loss plans available.

Treatment charges

Physiotherapy Initial assessment.
45minutes.

£45

Physiotherapy Follow up treatments.
45minutes.

£35

Sports massage.
60minutes.

£35

Personal Training/Nutrition.
60minutes.

From £25

Group training sessions and classes.
Enquire for current availability.

All major insurances companies Covered.

