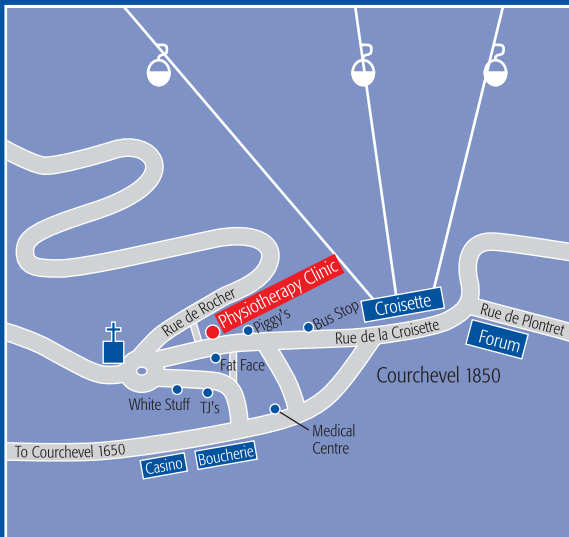


WHERE WE ARE

We have two physiotherapy clinics, one at Courchevel 1850 and one at Meribel 1600 as well as our domicillary service.



COURCHEVEL
Tel: 06 68 57 00 99

MERIBEL
Tel: 06 68 57 00 98

BRITISH CHARTERED PHYSIOTHERAPY CLINICS



Sports Injuries

Back Pain

Neck Pain

Knee Pain

Biomechanical
Assesments

Electrotherapy

Rehabilitation

Massage

Why trust your health to anyone
but professionals ?

BRITISH CHARTERED PHYSIOTHERAPY CLINICS

Established in 1995 we have a vast experience in treating all forms of musculoskeletal conditions with a strong emphasis on ski related injuries.

All our physiotherapists are members of the Chartered Society of Physiotherapy (MCSP), french registered and fully insured to treat you in our clinics or your chalet.

We are recognised by all the main insurance companies who will often pay for your physiotherapy treatment.

Physiotherapy is a healthcare profession concerned with human function, movement and maximising potential.



Siân Lewis

BSc, MCSP, DIP SPORTS PHYS.

Founder

Trained at Northumbria University and worked in London at Guys and St. Thomas' before founding the clinic in 1995. She has a special interest in sports injuries and has a postgraduate diploma in sports physiotherapy.



Chris Maher

BSc, MCSP.

Principal Physiotherapist

Graduated from Coventry University before working in a host of orthopaedic hospitals. He has developed a strong interest in lower limb mechanics working closely with podiatrists in the UK.

also

Ginny Mathisen

BSc, MCSP.

Physiotherapist

Jo Soon-Shiong

MSc, MCSP.

Physiotherapist

Louise Glass

BSc, MCSP.

Physiotherapist

We are all fully registered in France and have our own Public, Product and Professional liability cover.

What Physiotherapy can do for you

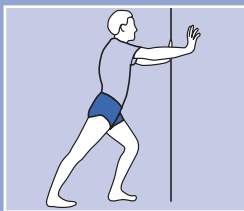
1. Confidently assess and diagnose spinal or peripheral conditions.
2. Use evidence based practice to treat your problem.
3. Maximise potential for recovery.
4. Identify risk factors to help reduce future problems.

Massage

Even without an injury you can benefit from our massage service

1. Enhance recovery time .
2. Improve performance.
3. Post ski relaxation.

Before setting out on your ski try the simple exercises below to help reduce your risk of injury. Hold each stretch for 30 seconds and repeat three times.



Calf

Feet pointing forward, heel down, knee straight, back straight. Lean in towards wall.



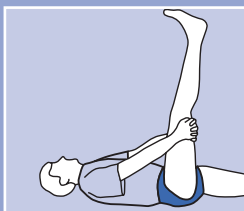
Calf

Feet pointing forward, heel down, knee bent, back straight.



Quadriceps

Opposite arm supported against a wall, heel pulled back towards buttocks, hip pushed forwards.



Hamstrings

Lying flat on back, hands supporting behind the knee, lift leg keeping knee straight. Opposite leg stays flat.



Front of Groin

Keep back straight, push hip forward.



Inner Groin

Keep back straight, trunk facing forwards, front leg at right angle to rear leg.

These exercises are a guide only. Do remember that any injury and its treatment should be professionally evaluated.