

NEWSLETTERwww.physiolistic.co.uk

HENLEY-ON-THAMES

READING

WINDSOR

Welcome to Physiolistic's first newsletter of the year! We wanted to take the opportunity to introduce you to the newest additions to our stellar team who bring their expertise and passion to provide you with exceptional care and support on your wellness journey.

In this addition we also wanted to demonstrate our commitment to offering you the latest advancements in physiotherapy and are excited to highlight some of the services we offer at Physiolistic. Also some updates with regards to our partnership with the Reading Rockets basketball team and our next chapter with our Windsor clinic.

HARRY REYNOLDS

We are delighted to welcome Harry Reynolds to our Henley physio team. Harry graduated with a BSc (Hons) in Physiotherapy from the University of Salford and specialises in musculoskeletal complaints from injuries during sport to full post operative rehabilitation for return to work or general activity.

Before studying physiotherapy, Harry spent two years as a full time professional footballer at Cheltenham Town.

Following on from this he has a keen interest in sport specific rehabilitation for any level of athlete or sport. To book an appointment with Harry you can either scan the QR code below or contact our friendly reception team on 01491 598043.

**LAURA MCLOUGHLIN**

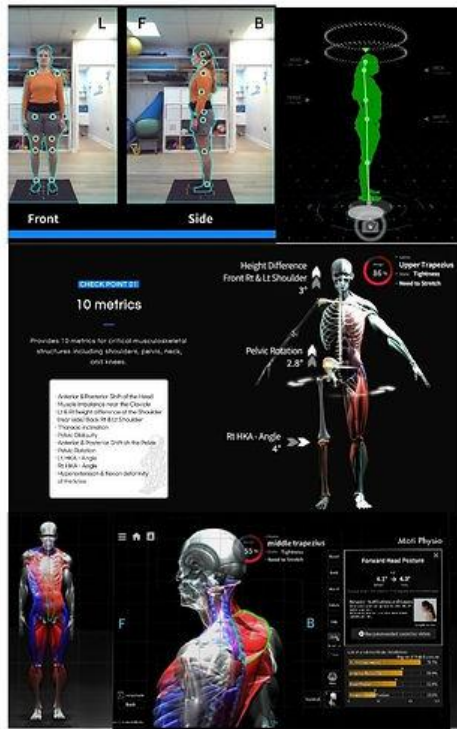
As our youngest team member, Laura McLoughlin has joined our awesome admin team in Henley. Laura has aspirations of being a physio and if her commitment to patients in her admin role is anything to go by she will be an amazing physio.

In addition to her admin role Laura is also joining the physio team for our weekly in-service training and mentorship sessions whilst she applies to university to study physiotherapy.

January 2024

3D POSTURE ANALYSIS

Having visited the recent national therapy expo in Birmingham we are delighted to now be able to offer you the most advanced 3D posture analysis software available to physiotherapists. We are now offering this to patients to help assess posture and movement patterns to prevent worsening backache and stiffness and to provide a visualised report of posture. It's exciting stuff and well worth a session for preventative care. Book in for an assessment using the QR code here for our special introductory £50 special.



WOMEN'S HEALTH PHYSIO

Our women's health service led by our women's health specialist physios, Steph Sanders (Henley) and Shruti Borkar (Reading) has been our fastest growing service at Physiologic over the last 12 months. Demand from patients seeking Steph and Shruti to help with pelvic floor, post pregnancy or incontinence issues, to name but a few, has meant more people are now able to receive the help with these types of issues. Don't suffer in silence or be filled with anxiety. Give our Henley clinic (01491 598043) or Reading clinic (0118 3347002) a call or book an initial appointment with Steph or Shruti direct through the QR codes under their photos



Steph



Shruti



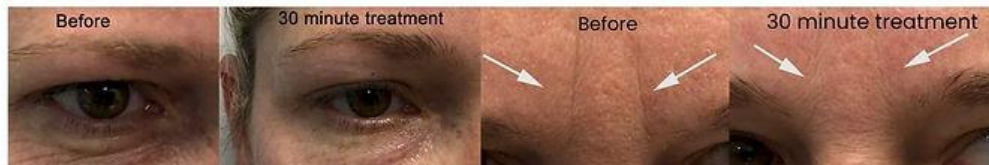
📞 01491 598043

✉️ steph@physiologic.co.uk

📍 Dry Leas Sports Ground, Marlow Rd, Henley, RG9 2JA

ANTI-AGEING TREATMENT

For those patients wanting to role back the years we offer a non-invasive alternative to Botox called radiofrequency. (RF) This incredibly relaxing RF treatment is provided as part of a facial massage which helps tighten the skin and reduces wrinkles by 're-awakening' fibroblasts which are the collagen producing cells in the skin. Have a look at some of the before and after photos of these rejuvenation sessions and get yourself booked in for our promotional initial offer of £50 by scanning the QR code below.



Henley



Reading



Windsor

MASSAGE

Our massage services provided by our physio team are one of our most popular appointment types to help keep you supple and mobile. Many of our patients have regular massages to help keep their bodies loose and free from muscle knots and tension.

As we get older, body management becomes more important than ever and is seen by patients as an investment in themselves. We offer massage packages (£150 for 5 x 30min massages) or book an appointment direct through the QR codes below.



01491 598043 (Henley)

0118 3347002
(Reading)

01753 911278 (Windsor)

Sports Performance and Balance Analysis

At Physiologic we've always wanted to help you visualise your progress whether it be helping to improve your balance for everyday activities or to find incremental gains in improving your performance on the sports field. To help us with this we have Vald Performance's ForceDecks which is a valuable tool for balance and sports performance analysis. These platforms provide precise data on force and balance, aiding in injury prevention, rehabilitation, and optimising athletic performance. We are able to compare with the norms of most sports, so you can see how your hop or squat compares with the best. You can also just identify imbalance to enable you to better plan your training. Why not give it a try by booking in for a session using the QR code below



Henley

WINDSOR CLINIC

We are delighted to confirm that Bianca will be leading the physio team in Windsor and has started seeing patients at Five Star Gym (54 Vale Road, Windsor). There is plenty of free parking at the gym so if you live in West Berkshire or know of anyone looking for physio please get in touch. We also have some exciting developments to announce shortly so watch this space!



01753 911278

windsor@physiologic.co.uk

Five Star Gym, 54 Vale Road, Windsor, SL4 5LA

READING ROCKETS BASKETBALL PARTNERSHIP

We are delighted to be continuing to provide physiotherapy services to the Reading Rockets basketball team. Keeping players in tip top form is crucial at any level of sport be it injury prevention, sports performance monitoring or treatment of injuries. We are therefore delighted that the team have made it through to the final of the National Cup in Manchester on the 21st January and for the role we have played in getting them there. Go the Rockets!





RS Footscan technology is a revolutionary way to assess your feet and create custom orthotics. It uses a state-of-the-art scanner to create a detailed 3D image of your feet. This image is then used to create a custom pair of orthotics that are tailored to your individual needs.

3D printed PHITS orthotics are the next generation of orthotics. They are made using a 3D printer, which allows them to be custom-made to fit your feet perfectly. 3D printed PHITS orthotics are also very lightweight and comfortable, making them ideal for everyday wear.

RS Footscan assessment is a quick and painless process. We will start by asking you a few questions about your feet and lifestyle. We will then scan your feet using the RS Footscan scanner.

Henley





Finally we have some exciting announcements and developments planned for 2024 which we hope will further enhance your experience at Physiolistic and we can't wait to share these with you over the coming weeks. In the meantime we wish you a very happy and healthy year and we look forward to seeing you soon.

Yours in health

The Physiolistic Team

Henley Clinic

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Marlow road
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Reading Clinic

In partnership with Spire Dunedin
Pendragon suite
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