

Ealing Physiotherapy Services Helps Olympians

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London, UK, AUG 26, 2015 ? CK Physiotherapy has published a blog article talking about the relevance of Olympic-style treatments for normal people. Injuries can happen to anyone and create a horrible inconvenience due to the inability to move pain free. In order to help Ealing residents out with this, CK Physio has just published a new blog post authored by Bryan Kelly entitled 'Ealing Physiotherapy Services Help Both Olympians and Non-Olympians'.

The article discusses how physiotherapy has advanced beyond just treating Olympic athletes to treating and benefit non-athletes. Physiotherapy is about regaining healthy, pain-free movement again.

?Physiotherapists will examine the physical body as a whole unit,? states Kelly. ?Their holistic approach will help in advising the patient beyond their therapy in order to prevent the injury from re-occurring.?

Olympic athletes are usually top form and at the very peak of performance. Individual athletes will often be the central focus of an entire medical team in order to maintain their optimal body maintenance for on-field performance.

According to the article, the most prevalent injuries in the London and Ealing areas are injuries to the knee and foot, London is, unavoidable realities for the football-crazy city players. Additionally, Londoners are found having to deal with hamstring strains and back pains.

The article points out that competent physiotherapists like those working at CK Physiotherapy in Ealing can help patients correct and heal their problematic body parts allowing them to live without erratic bodies, easily returning in no time to their former conditions. They accomplish this by using therapeutic exercises which are designed scientifically to work with the body to improve mobility and strengthen the affected areas. These exercises, like medicine, need to be repeated regularly, usually on a daily schedule, for a set number of weeks.

CkPhysio physiotherapists are Chartered (members of the Chartered Society of Physiotherapy) and

registered with the Health Professions Council.

To read the article, visit www.ckphysio.co.uk.

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CK Physio

Bryan Kelly and Emma Cadwallader started CK Physiotherapy in 2003. Initially the practice was based in Golds Gym in Hanwell. As the practice grew, we moved and from 2008 have been based in Elthorne Avenue where we have 2 dedicated treatment rooms.

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