Reading Osteopath Rob Bryson Completes London Vitality Big Half Marathon and Prepares for London Marathon

August 25, 2021

Caversham, England - August 25, 2021 -
Reflex Spinal Health, a chiropractic & osteopathic clinic in Reading, Berkshire, UK, is proud to announce that Rob Bryson, one of their osteopaths, has completed the London Vitality Big Half Marathon on August 22, 2021 and is currently preparing for the London Marathon to be held on October 3, 2021. The Reading osteopath is running the London Marathon in order to raise funds for St George?s Hospital Charity, particularly for the remodeling of their ?Forget Me Not? suite in the hospital. This suite is that part of the hospital that is devoted to parents to allow them to mourn and spend final moments with their children in privacy after having lost a child.

Andy Green, Clinic Director at Reflex Spinal Health, says, ?All of the team, and patients, at Reflex Spinal Health are fully supporting Rob's training and goals for his fantastic fundraising target for the London Marathon. Completing the half marathon in such a fast time is fantastic. Fingers crossed that his training continues smoothly. At least if he has any niggles he is in the right place to get first class treatment for sports injury at Reflex Spinal Health.?

?Having never run in an event before, I didn?t realise how much the crowd had an impact on your performance. They really do give you that extra motivation to keep pushing, even when your legs feel like lead during the last few miles,? says Rob Bryson. ?I am running the London Marathon in aid of St Georges Hospital and the remodel of their ?Forget Me Not Suite?. This is a place for parents to mourn and spend final moments with their children in privacy after their tragic losses. If you have a spare moment, please take some time to view my Virgin Money Giving page, which has some more information. Any donation big or small would be greatly appreciated and is going to an amazing cause.? Those who would like to share their blessings can click here to donate to Rob Bryson's fundraising target.

The Reflex Spinal Health team is focused on promoting a healthy life starting with a healthy spine. They offer chiropractic care, massage therapy, spinal rehabilitation treatment, and osteopathy. Their Reading chiropractors and osteopaths provide pain relief for various kinds of musculoskeletal conditions. The typical presenting symptoms include neck pain, sciatica, back pain, and headaches, including migraines. They have also developed the reputation of being one of the leading sports injury clinics in Reading.

At Reflex Spinal Health, they can also provide cutting edge K-laser therapy for a broad range of conditions. Their goals are to provide pain management, correction and returning the patients to their optimal health level. One indication of the excellence of their services is the fact that they have won the award for best health & well-being provider in the whole Thames Valley region. The award was provided by the Thames Valley Chamber of Commerce.

Reflex Spinal Health offers various kinds of services. These include: chiropractic services, osteopathy, foot orthotics, K-laser therapy, massage therapy; spinal rehabilitation, and more. With their chiropractic services, they have several priorities: unearth the underlying cause of the pain and health problem; recommend a care plan that can provide the quickest results; suggest ways for patients to take part in their recovery; and let patients understand the importance of post-symptomatic wellness care.

Meanwhile, osteopathy is a kind of manual therapy that may be used to treat the cause rather than conceal the symptoms. Their chiropractors and reflex osteopaths work in such a way that there is a overlap in their services provided and makes sure that the best possible results can be achieved for the patient?s current condition.

K-laser therapy is an advanced class IV laser therapy that can penetrate tissue and activate the healing process at the cellular level. This kind of therapy may be provided as a standalone therapy or in combination osteopathy, chiropractic, or massage therapy.

Those who are interested in learning more about the chiropractors and osteopaths in Reading can check out the Reflex Spinal Health website, or contact then on the phone or through email.

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For more information about Reflex Spinal Health, contact the company here:Reflex Spinal HealthAndrew Green01189462100andrew.green@reflexspinalhealth.com17 Church Rd, Reading, RG4 7AA

Reflex Spinal Health

Reflex Spinal Health are a passionate and dynamic team of chiropractors, osteopaths and massage therapists in Reading, Berkshire, UK.

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