

INTRODUCING NORTH CARDIFF'S PREMIER PHYSIOTHERAPY AND SPORTS INJURY CLINIC

Health and Sports Physiotherapy now has it's very own premises, having recently re-located from it's previous clinic at Bannatynes health club.

Through introducing this new addition to Llanishen village, this article offers you an insight into what to expect at the clinic. Business owner Daniel Jones was very happy to offer a guided tour and explain the various services on offer. Primarily a sports injury specialist, Daniel is physiotherapist to the Cardiff Blues and other local sports teams, helping to rehabilitate injured players and provide education on injury prevention.

The clinic, based on Station Road in Llanishen village offers a total of three treatment rooms and a large rehabilitation room. One key difference to similar

physiotherapy clinics, is the privacy of your own consultation room during treatment. This enables a one to one private assessment to establish a full diagnosis, guaranteeing complete confidentiality throughout.

The new facility also boasts a fully equipped rehabilitation area, allowing patients' to work on carefully designed rehabilitation programmes to overcome injuries and reduce the risk of future complications. In addition to physiotherapy there is a podiatry & chiropody service at the clinic, utilizing video technology to analyze gait and diagnose foot and ankle pathology.

Health & Sports Physiotherapy has a team of 8 staff based in Llanishen. The team also operate a satellite branch based



in Abercarn, which can be useful for those who work or live in that area.

Health & Sports Physiotherapy opened the new Llanishen clinic in early August, and has seen a rise in local interest. As part of the business commitment to becoming actively involved in the local community, Dan and his team will be running a regular article in the magazine to help answer any questions from our readers. With that in mind, we invite any readers interested in resolving their injuries or understanding more about injury prevention to get in touch.

If you have a question for Dan, send an email to info@healthandsports.co.uk with the subject of 'Physio Q&A'. All enquiries will be treated in the strictest confidence and no names will be published in the magazine. With the Cardiff Half marathon in mind, next month Dan will be addressing questions relating to long distance running and training.



Health & Sports
Physiotherapy
50-52 Station Road
Llanishen
Cardiff CF14 5QP
Telephone : 02920 762000
www.healthandsports.co.uk

Health & Sports Physiotherapy Ltd

Registered in England & Wales
Registration No. 6618366



Better Value
Quicker Recovery