
Physiotherapy Putney, London SW15

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Physiotherapy is used for the treatment of musculoskeletal injuries, these include back and neck pain, as well as general aches and pains in the muscles or the joints.

At [Physio4life](http://www.physio4life.co.uk) we specialise in back/neck pain as well as sports injuries such as muscle pulls and tears. We also carry out postural and musculoskeletal screening to assess any muscle imbalances which may lead to further injuries.

We also have close links with leading surgeons and sports doctors, so that when required, further diagnosis and investigation (MRI, X-rays or Ultrasound) are obtainable, ensuring your problem can be dealt with efficiently.

Another key area we specialise in is post operative rehabilitation. This is vital after any surgery to the joints, as this will speed up your recovery time and allow you to get back to the lifestyle you want to enjoy.

Our Facilities

Seven spacious consultancy rooms, 900+ sq ft of gymnasium for fitness training and rehabilitation, and a 500+ sq ft Pilates studio which includes a Pilates reformer and trapeze table used in one to one Pilates as well as clinical Pilates. Our excellent facilities enable us to treat all levels - including the elite athlete - with long opening hours, Mondays to Saturdays, there are always appointments available to suit you.

Initial Consultation



The initial visit for physiotherapy will involve a 1 hour consultation where the history of your problem is taken, along with a musculoskeletal assessment and a full treatment. The physiotherapist will then tell you what needs to be done to return you to everyday activities or sport. This may include further treatment including manual therapy such as massage, electrotherapy (ultrasound, interferential etc.) acupuncture, manipulation and mobilisation. It could also mean doing rehabilitation exercises in our gym supervised by the physiotherapist or rehab trainer.

Our Physiotherapists

All Physio4Life physiotherapists are state registered chartered physiotherapist which means they are recognised by the NHS and all major health insurance companies.

For more information on the Physio4Life staff please see our [Staff Biographies page](#)

At Physio4life we are proud to have treated patients from all over London and even the UK. If you are looking for a registered physiotherapist with the experience to help treat your sports injuries, stiffness, lower back pains, chronic back pain, sprained ankle injury, ligament damage, running injuries, pregnancy pain, sciatica, headaches, dizziness, shoulder pain, remedial pain then why not contact one of our highly trained and expert clinicians in the Putney, Parsons Green, Fulham, Chelsea, Chiswick, Barnes, Kew, Southfields, Earlsfield, Roehampton, Wimbledon and West Wimbledon.

Physio4life for physiotherapists Wimbledon, Physiotherapists treating back pain Wimbledon, physiotherapists West Wimbledon, Physiotherapists Southfields treating muscular pain, Physio Earlsfield, Physiotherapists Earlsfields, Physiotherapy SW18, Physiotherapists SW19, Physiotherapy clinic for athletes London, London Marathon Physio Putney, Physio Barnes for Physiotherapists Barnes, Physiotherapists London, Back pain specialists London, Physio treating back pain, London Physiotherapists at Physio4life