



Bluebell Physiotherapy Centre

- * Whiplash
- * Back pain
- * Joint injuries
- * Muscular aches
- * Sports injuries
- * Sprains & strains
- * After surgery
- * Fractures

...don't delay, get the right treatment *fast!*

Fully qualified Chartered Physiotherapists
HPC Registered Self-funding & insured
Easy M2/M20 access Free parking
Even and weekend appointments available

- * Spinal manipulation
- * Joint mobilisation
- * Laser treatment
- * Ultrasound therapy
- * Electrotherapies
- * Acupuncture
- * Hydrotherapy
- * Prescribed exercise
- * Tailored rehabilitation

Stop suffering & start dialling...



01634 671651

www.bluebellphysio.co.uk

NO WAITING LIST!

Putting Patients' Needs First

BLUEBELL Physiotherapy Centre was founded in 1999 to provide a fast, available, patient-centred service offering prompt diagnosis and treatment to individuals with all kinds of musculo-skeletal problems.

It has continued to develop since, maintaining a strong emphasis on putting the clients' needs first.

The Centre, in rural surroundings close to Chatham, offers male or female therapists, private individual treatment rooms with one-to-one consultations, flexible appointments including evenings and weekends, and a wide array of treatment techniques.

The approach at BBP is threefold. Firstly, clients receive a thorough assessment and evaluation to identify exactly what the problems are.

Secondly, treatments are given in private consulting rooms which often combine hands-on manual techniques with specific types of electrotherapies which will be explained to you.

Finally you will be taught how to optimise your treatment and ultimately prevent recurrence by correct self-management.

Melanie Poynter and her team at the Centre are happy to discuss your concerns over the phone without obligation.

You might for example have a sports injury or it may be that your mobility is reduced and you want to improve your quality of life. Whatever the diagnosis, the team will have something to offer whether you are 9 or 90 years old.

The Centre also treats a wide range of women's health problems including incontinence and mild prolapse. Also treated are pre- and post-natal conditions such as pelvic pain, back pain, stress incontinence, weakness and perineal damage.

The Centre can be contacted on

01634 671651

or click onto www.bluebellphysio.co.uk.