Advertising Feature

Bodyworks Health Clinic

By Peter Tomlinson

BEING a keen sportsman eventually took its toll on me, with my left knee becoming very swollen and painful.

I was unable to play padel and even found simple tasks such as walking and going up and down stairs difficult.

I sought help from Estelle Mitchell and her team at Bodyworks Health Clinic and further tests were deemed necessary.

MRIs and X-rays were quickly and efficiently arranged and upon seeing the results and on Estelle's advice, I embarked on an intensive treatment regime consisting of regular physiotherapy, a course of MRT and a home exercise programme.

However, I have to say that as I had some very tight work and social deadlines to meet (a family off-piste skiing trip and games of padel), I even had a back-up plan of painkilling injections lined up!

I am pleased to say that thanks to Estelle and everyone at Bodyworks, I fortunately didn't have to resort to such drastic and potentially damaging measures.

During the treatment I noticed gradual improvement, which I was assured by the great team at Bodyworks would continue.

I made it on my ski trip and I have returned to thrashing around the padel court, all without too much objection from my previously poorly knee.

Would I recommend anyone to go to Bodyworks? Yes, of course I would!

To get assessed and treated accurately and professionally, patients may self refer direct to: Estelle Mitchell, Biomechanical and Musculoskeletal Specialist and your English Chartered Physiotherapist by calling 952 883 151 or by visiting her websites at: www.TheBodyworksClinic.com or www.GrowCartilage.com

Back to fitness after successful treatment: Peter Tomlinson.

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