

NEW PHYSIO

From Monday 26th September we welcome Caroline White to our physiotherapy team at our Stratford upon Avon clinic. Caroline has a wealth of experience treating musculo-skeletal and sports injuries and has been involved in elite rugby, football, cricket, multi-sports provision at the English Institute of Sport (EIS) and was recently team physio for England rugby 7's at the Birmingham Commonwealth Games. Caroline is also a physiotherapy lecturer at the University of Birmingham and is researching the female rugby players shoulder for her doctorate.



Appointments can be made by calling our Stratford based reception team on **01789 200935**.

FREE Kids Physio

Our Free Kids Physio 15 minute appointments are now available again and can be booked at both our Stratford upon Avon and Warwick clinics. Please call our reception team on **01789 200935** to book a slot.

Tudor Physiotherapy – what to expect

- It is now your choice whether you wear a face mask for the time that you are in the clinic.
- Please dress appropriately for your appointment. A vest top may be most appropriate for a shoulder or neck problem and shorts for any low back or lower limb injury.
- We will still ask you to carefully clean your hands with alcohol-based gel on entering the clinic.

If you have any suggestions or questions regarding your consultation please do not hesitate to contact me: andrew@tudorphysiotherapy.com or 07703 019725

With best wishes,

Andrew Holbrook,

Director, Tudor Physiotherapy Ltd

Feedback from our Covid video consultations:

“Andrew’s video consultations have been a fantastic way of continuing my treatment during lockdown. In fact, I’ve been so impressed that I’d like to carry on with them once the restrictions have been lifted!”

“Despite initial reservations, the video appointments have proved to be extremely successful and progress has been monitored very effectively from a distance. I have been very happy with the awareness, understanding and encouragement”

“I’ve been doing video consultations with Andrew after major knee surgery and they have been invaluable. The feedback provided helps me stay on track. It’s a great service and even after lockdown I’d look to do this between visits”

“Although not certain how it would work, I am so pleased that I continued my knee rehab over Zoom. Andrew taught me self massage techniques which meant I could continue treatment daily and learning to do exercises in my own environment meant I could work out the equipment I needed and the space to do it”

“I feel the remote physio sessions have kept me on track. They have got me back horse riding and en route to full fitness again. Thank you very much”

"Tudor's video consultations have been invaluable for my ongoing physiotherapy. It has been so helpful to have the guidance to enable me to continue my recovery at home. A huge thank you Andrew"

"It didn't actually feel much different to a normal appointment!"

"I panicked when I hurt my back doing some DIY. Not the time to be going to see a medical professional if possible so when I saw that Andrew was offering video call consultations I snapped one up. It was very similar to a physical appointment and his diagnosis was very quick. Andrew was as reassuring as ever and was absolutely spot on. We did many exercises and within 24 hours of the consultation I felt so much better!"