

Cranfold Physio at Old Pixham School

Do you have aches and pains, arthritis? a bad back or hip?

The Chartered Physios at Cranfold Physical Therapy Centre run Clinical Classes in Pixham for people who wish to work on their physical health and wellbeing, but have existing conditions that make them unsure about the safest and most effective way to improve, without causing themselves damage. Our patients are all screened initially by an experienced physiotherapist to establish their individual goals, learn their medical history, and to help them plan a rehabilitation pathway back to optimal fitness.

We offer 3 types of class:

PhysioFit:Lower Limb. Designed for people recovering from a joint replacement, hip or knee operation, or suffering with arthritis in their leg joints, this class is a 5 week course of one hour each week. Using a circuit of exercises, everyone participates at each station, performing the exercise at the level appropriate for their needs under direct supervision of the physio.

Mondays 1.15pm



PhysioFit:Backs. One hour sessions a week, run as a 5 week course. 30 minutes is spent with gentle Pilates exercise to teach a programme of core control exercises for continuation at home, and 30 minutes of discussion and education on aspects of back care. All you need to learn how to manage your back pain effectively!

Tuesday 1.15pm

Clinical Pilates. One hour of mat-work pilates exercise guided by our Chartered Physios who have also undertaken APPI courses in Pilates. Standing, sitting, kneeling and lying exercises to work the core muscles for spinal support and postural improvement, with increased flexibility.

Monday 12noon, Tuesday 10.30am and 11.45am

Call Cranfold Physio on 01483 267747 or see our website www.cranfoldphysio.co.uk for further details

