



Performance Podiatry

E-News

September 2008



Hello and welcome to our latest e-news. We like to keep our patients informed with what's happening at Performance Podiatry and let you know of any great deals that you could take advantage of! Things have been pretty busy here but our big news is...

Physiotherapist now at Performance Podiatry

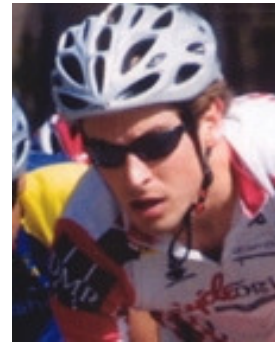
Performance Podiatry is proud to announce the arrival of physiotherapist Ben Ward. This allows us to offer a comprehensive range of services to address any injury you may be suffering. Whilst maintaining patient confidentiality, this integrated approach to patient management will ensure the best possible outcome for you. Ben Ward can treat a range of conditions including:

- Spinal, joint and muscle pain
- Headaches related to neck dysfunction
- Sports injuries
- Post-surgical rehabilitation (e.g. ACL reconstruction, rotator cuff repair etc)
- Balance re-training and falls prevention
- Exercise prescription
- Postural re-education and ergonomic advice
- Pre-season sports screening

All consultations are 100% 1-on-1 with no overlapping of patients, so you can be assured that you will receive your physio's full attention for the entirety of your treatment session.

Ben's special interests include the rehabilitation of overuse injuries in endurance athletes and the management of spinal pain.

Outside his work as a physio Ben has a keen interest in sport and is heavily involved in cycling. He is a NCAS accredited level 2 cycling coach and has combined these qualifications with his physiotherapy experience to operate a business called [Cycle Dynamics](#) which provides bike fitting, video analysis, coaching and performance testing services.



We look forward to seeing you soon!



PerformancePodiatry

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