



oceanphysio.com

# Physiotherapy

Expert Physio and Rehabilitation with  
Recognised Specialists.

## Expert Management of

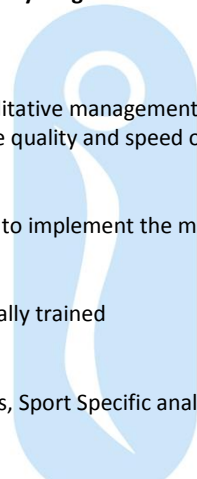
- Sports Injuries**
- Back and Neck Pain**
- Postural and Work Related Pain**
- Shoulder, Elbow and Hand Pain**
- Hip, Knee and Ankle/Foot Pain**
- Chronic Pain Conditions**
- Repetitive Strain Injury**



- **Our aim** at Ocean Physio and Rehab is to provide **exceptional Physiotherapy and Rehabilitation** tailored to the requirements of each individual.
- At Ocean Physio and Rehab we have **recognised experts** Dave MacLellan, Andy Larmour, James Burton, Jo Avery, Libby Deacon, Tom Klinkenberg and Holly King **Chartered Physiotherapists** who have carried out **extensive training**.

### *Services we provide include:*

- **Injury Management:** we are specialists in diagnostic and rehabilitative management of all musculoskeletal conditions, our treatment aims to maximise the quality and speed of your return from injury.
- **Expert Low Back Pain Management:** we follow NICE Guidelines to implement the most effective management of Low Back Pain
- **Clinical Pilates:** our small Clinical Pilates classes are led by specially trained Physiotherapists in our custom built studio.
- **Biomechanical Analysis and Intervention:** including gait analysis, Sport Specific analysis and ergonomic assessment at your workplace if required.



**Tel 01395 239455**  
**to book an appointment**

**Ocean Physio + Rehab**  
**Sports Park**  
**Streatham Campus**  
**Exeter University**

