

ALO CLINIC NEWSLETTER

Welcome to the **Spring edition** of A.L.O Clinic's newsletter. We offer a range of therapies and treatments to satisfy your individual needs. ALO Clinic Team would like to extend our congratulations to all our patients who successfully ran the 2013 London Marathon. That's a 100% hit-rate so far!



Clinical Pilates



Clinical Pilates is a form of dynamic stabilisation performed by a qualified physiotherapist. It reconditions the core of the body, not only increasing body strength, but improving the function of these muscles. It is an excellent way of treating low back pain and preventing relapse. By strengthening the body's support muscles, it helps other conditions such as neck pain and poor posture.

Clinical pilates sessions are suitable for patients who have completed a course of physiotherapy or any other manual treatment and require additional exercise and rehabilitation.

It is also useful for those concerned about poor posture or core strength. The classes are gentle, safe and challenging, where you can work at your own pace with a qualified physiotherapist who has the knowledge to modify exercises according to your pain or problem.

Aline Sa is a Brazilian trained physiotherapist who has also trained with the Australian Physiotherapy and Pilates Institute (APPI) in London.



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Therapies we offer at ALO Clinic



Physiotherapy
Acupuncture
Autogenic Training
Reflexology
Sports Medicine
Osteopathy
Lymph drainage
Podiatry
Naturopathy



Please call reception at 02076368845 for more information and booking.



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We look forward to a wonderful new year bringing you more information and latest news of the clinic.

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