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## Contents

- Human Tecar
- Health Quote of the Season
- Welcoming New Physiotherapist

Welcome to the Spring edition of A.L.O Clinic Newsletter. We aim to bring you latest happenings in the clinic and interesting & informative articles to help your knowledge grow about healthy living. More information on the therapies offered can be found online at [www.alo-physiotherapy.co.uk](http://www.alo-physiotherapy.co.uk)

## HUMAN TECAR



We have invested in a new electrotherapy technology called **Human Tecar**. Its main benefits are:

- **Accelerates reduction in pain** compared to other electrotherapies such as ultra-sound
- **Accelerates the natural healing mechanisms of the body reducing recovery time**

Tecar activates the treated area by applying a biocompatible radiant energy which increases the cellular metabolic processes. So by stimulating the innate energy within biological tissues, it activates the body's natural repair and anti-inflammatory processes.



### **Giorgio Di Centa Olympic Gold, Cross Country Skiing, Turin 2006**

...'before Human Tecar, team recovery times were very long. Now we manage to resolve any injury or disorder quickly. With Human Tecar, symptoms vanish completely and results are more stable'.

\* To find out further information please see the main Tecar website [www.tecar.eu/](http://www.tecar.eu/)



## Welcome to Our New Physiotherapist, Craig Burlinson

Craig is an Australian trained physiotherapist with experience in both the NHS and private practice. Originally starting work in Australia, Craig was part of a team of physiotherapists contracted to work with the Royal Australian Army treating personnel for various sporting, work-related and combat injuries. Craig also developed an interest in the treatment of athletics and racquet sport injuries while in Australia after heading up a physiotherapy and sport injury clinic.

Much of his recent experience has been corporate based, working within blue chip companies with patients who range from CEOs, directors and partners to personal assistants, trainee solicitors and cleaning staff.

As well as sporting and musculoskeletal injuries, Craig's interests lie in worksite and TMJ related conditions and the repetitive strain injuries associated with musical instrument playing and singing.

Craig's treatment will always be hands-on in nature but he strives to empower patients towards self management via education and providing home exercises that help prevent recurrences and new injuries. He treats all his patients holistically, often picking up on associated weaknesses or joint problems that the patient's previous therapists have missed.

Craig is a qualified acupuncturist, holds a post graduate qualification in orthopaedic medicine and is studying for a Masters of Sports and Exercise Medicine. He is a member of both the British Chartered Society of Physiotherapy and the Australian Physiotherapy Society.

### Health Quote of This Issue:

**“It is health that is real wealth and not pieces of gold and silver.” - Gahndi**



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