

**Kate Watson BSc (Sports Rehabilitation)**

gained her degree at St Mary's University College London and has been involved with treatment of athletes in both private practice and at events such as the London and Brighton Marathons. She is also registered with the Sports Massage Association as a Level 4 practitioner.



# STRENGTHEN YOUR SPINE



**best practice**  
**chiropractic**

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## WHAT IS SPINAL STRENGTHENING?

Following chiropractic care to restore better joint function and alignment the best way to prevent recurrences or setbacks from spine problems is by gaining increased strength and resistance.

The in-clinic personal spinal strengthening programmes are designed to build on your investment in your improved spinal health.

Sports rehabilitation is designed to help people return to or improve on their active lifestyle. Whether the injuries are caused by repetitive strain, poor posture or sudden injuries, they are likely to have interfered with your normal activities.

Common problems helped by rehabilitation:

- Arthritis
- Back Pain
- Neck Pain
- Knee Ligament or Cartilage Injuries
- Sports Injuries
- Sprains and Strains
- Fractures

The rehabilitation offers a combination of the following

- Sports Massage
- Stretching
- Exercise Prescription & Supervision

## MASSAGE



## STRETCHING



## SUPERVISED EXERCISES



Our Sports rehabilitation practitioner will ensure that you receive an individually tailored, high quality programme that is appropriate to help you reach achievable goals. There are goals that can be achieved by anyone.

## Sessions:

**Initial Consultation (45 min) £45**

Initial assessment and treatment planning

**30 min. Follow-Up sessions £30**

Incorporates massage, stretching and supervised exercises.

**60 min. Follow-Up sessions £55**

Incorporates massage, stretching and supervised exercises.