



Redesign Physio
60 Chelverton Rd
Putney, SW15 1RL

07583 039813
gabrielle@redesignphysio.co.uk
www.redesignphysio.co.uk

Clinic details and information for your first appointment

Location

60 Chelverton Road, Putney, SW15 1RL (press bell for Flat 2 – Lenka)
Putney train station – 4 minute walk
East Putney Tube station – 10 minute walk

Parking

Parking meters for a maximum of 2 hours are available on Charlwood Road or the beginning of Chelverton Road.

On Chelverton Road close to Putney High Street, the meters are for 1 hour only.

It is a 4 minute walk from Putney Exchange car park

Please arrive no more than 5 minutes early for an appointment as the clinic does not have a private waiting area. If you arrive early there are plenty of cafes and shops close by on Putney High Street. You can try texting me on 07583 039813 and if I am not treating anyone I will be able to see you early.

Booking or changing an appointment

Redesignphysio can be contacted by telephone or e-mail

Tel: 07583 039813

gabrielle@redesignphysio.co.uk

Please give at least 24 hours' notice if you need to change or cancel an appointment. If you do not attend an appointment or give less than 24 hours' notice, you will normally be charged the appointment fee.

Opening hours

Mondays and Thursday 9am – 8pm

Prices

1 hour treatment session £75

Initial 90 minute assessment and treatment session £100

Introductory offer:

30 minute myofascial release taster session £35

For the initial session 90 minutes is recommended to allow time for full assessment and treatment.

Treatment sessions are normally 1 hour, longer session and intensive programmes are available on request.

Home visits can be arranged on request.

Payment can be made by cash or cheque or for regular clients by bank transfer



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What to bring

Clothing

Your assessment is most effective if we can see as much as your body as possible and myofascial release techniques need to be applied directly through your skin. Therefore, it is best if you are assessed and treated in your underwear or if you prefer, bring a pair of shorts and a vest or bra top. Your personal comfort and preferences will be respected at all time. It is also useful if you wear or bring clothing suitable for exercise.

Assessment forms

Two forms are available to download, one to provide your contact details and one to give details about your current problems and medical history. It is helpful if you can look at these forms and think about your answers in advance of your first appointment. If you have time print them out, complete as much of them as possible and bring with you.

Thank you for contacting Redesign Physio, I look forward to meeting you and please contact me if you require any additional information, Gabrielle