



Redesign Physio
60 Chelverton Rd
Putney, SW15 1RL

07583 039813
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www.redesignphysio.co.uk

Myofascial Release

Before your first appointment

In your assessment I will ask you about your problems, before your appointment, it is useful to think about everything that is bothering you and also how you would like your treatment to help you.

I will also ask you about your medical history, previous injuries, surgery and any medication you are taking. It sometimes helps to make a list about this before your appointment.

If you have any relevant x-ray/scan reports or test results you may want to bring those with you.

What to wear

While I am assessing your body it helps to be able to see as much of your whole body as possible. Myofascial release techniques need to be applied directly through your skin. Therefore, as long as you feel comfortable, I will assess and treat you in your underwear, or if you prefer, bring a pair of shorts and a vest/bra top. Your personal comfort and preferences will be respected at all times.

It is also useful if you wear or bring clothing that you feel comfortable to exercise in .

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.