



Redesign Physio  
60 Chelverton Rd  
Putney, SW15 1RL

07583 039813  
gabrielle@redesignphysio.co.uk  
[www.redesignphysio.co.uk](http://www.redesignphysio.co.uk)

## Redesign your mind

### *Before your first appointment*

In your first session we will chat about what you want to change and to be different. It may help if you have a think about this before your session and then we can start to explore things in more detail.

If relevant to your problems and things you want to change, I might 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.

### *In person sessions*

#### *Location of Redesign Physio*

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.

### *Skype or telephone sessions*

I will send you the details to contact me on when we book your appointment

### *Booking or changing an appointment*

Redesignphysio can be contacted by telephone or e-mail

Tel: 07583 039813

[gabrielle@redesignphysio.co.uk](mailto: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.