



**Keep performing at your best-
we're here to help**

What can we help with?

- Injury prevention: Looking to boost your performance? Get a personalised training plan designed to keep you strong and injury-resilient.
- Aches and pains: Don't let niggles turn into injuries — get targeted hands-on treatment and clear advice to keep you moving well.
- ACC injury assessment and treatment: Expert diagnosis and tailored rehabilitation to help you return to sport safely and as quickly as possible.
- Strapping: Support your body during training or return-to-play with professional taping for stability and confidence.

How to book an appointment

- Book online at betterbodiesphysio.com
- If urgent, text Tara on 02108326319 or email tara@betterbodiesphysio.com