

*"I've always been impressed by Becky's thoroughness and depth of knowledge. She has a very professional approach and her own sporting background and interest in triathlon means that she understands the demands and pressures of competing in sport"*

Kate Scotter,  
GB World Age Group Triathlete and Journalist



*"I saw Becky after some nagging and debilitating back pain that stopped me from being able to work or exercise properly. She had the problem addressed from the first session onwards and I now understand how some of my lifestyle factors make the pain worse and how I can prevent it with better posture and by moving differently."*

Roger Margand, Solicitor

*"Becky can deliver a wide range of treatments to suit any sports injury, as well as short and long term ailments that develop from general living. She will give a program for recovery but at the same time understands the need to maintain fitness or mobility levels. This is a physio that keeps you active whilst recovering. I am a Coach for GB Canoe/Kayak team and I send all my athletes for assessment to Becky when they develop any signs of injury or weakness in areas of their body"*

Dyson Pendle, British Canoe Union World Class Programmes Coach and Eastern Region Coach of the Year 2012



Images: two athletes coached by Dyson

*"Due to my job, I am always getting aches and pains. Being self employed, it is very important for me to have as little time off work as possible. Without Becky I would have had much more time off. I value her regular check ups and she always fits me in quickly when I need it most."*

Builder, 50



*"Becky has treated me very successfully, particularly with acupuncture. The stretches and conditioning exercises have been really effective at sorting the problem out, limiting the amount of appointments I've needed and made me less prone to injury. I would have no hesitation recommending her."*

Dean Grady, Product Manager



*"Through my involvement with runners, cyclists and triathletes, I'm occasionally asked for recommendations on physios. Becky Schofield is always my first recommendation. She has a thorough understanding of the operation of the human body and as an athlete herself understands the desire to achieve one's best and is empathetic to the athlete's desire to train despite injury. She works to identify the root cause of any problems as well as addressing symptoms and will help you work towards your recovery and peak performance."*

Rob Lines, 8x Ironman Finisher and  
2x Former Kayak Surf World Champion



See website for full testimonials

Helping you live life to the full...



*Becky Schofield*

## Benefits of physio:

- Relieve pain
- Improve joint movement
- Optimise the healing process
- Decrease swelling and bruising
- Increase muscle strength and stamina
- Prevent recurrent and chronic problems
- Advise on self help measures and exercises
- Return to daily activities, sport and leisure

## About Physio Resolutions:

At Physio Resolutions, you can expect the highest quality one-to-one treatment with a chartered physiotherapist. Becky Schofield has over 13 years of NHS, private and sports team experience. From novice and weekend warriors, to elite athletes including the Great Britain Canoe team.



In our time pressured society, and as an international athlete and mother herself, Becky understands complete rest is not always an option. We all have problems that come to challenge us. Becky will work with you to build a treatment plan that 'works for you' to find the best resolution.

## Treatment may include:

- Joint manipulation and mobilisation
- Acupuncture
- Myofascial release
- Ultrasound
- Postural and core stability training
- Exercise therapy
- Massage - sports and relaxation
- Taping techniques

## Consultations for:

- Sports injuries
- Back and neck pain
- Arthritis
- Upper and lower limb injuries
- Pre and post surgery
- Injury prevention screening
- Pre and postnatal
- Symptoms caused by work conditions (eg. office, building, farm)

**Call now on 07971489590**



**Physio Resolutions**  
Chartered Physiotherapy



(car park at the back of building is accessed via City Road/Kensington Place)

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