



10% Discount for
FVH Club Members*

ITB causing you problems?

We can help you beat it!

Don't let a niggling injury drag on and stop you training when and how you want! Life Fit Physiotherapy can help.

Our team of physios have been working with amateur and professional athletes for many years and offer a full range of treatment to assist with a speedy recovery from injury.

If you are training hard then a regular sports massage may also help keep muscles in check and working to full potential!

We offer physiotherapy and sports massage services every day of the week including early morning and evening appointments.

We also have a sports podiatry clinic once a month plus access to sports doctors, running specialists and other healthcare professionals.



PHYSIOTHERAPY

Work Fit Sport Fit Life Fit

Our purpose designed clinic is situated on Beancross Road right next to J5 of M9 with ample parking and disabled access.

Call us today and find out how we can help you stay work fit, sport fit and life fit!

Tel: 01324 433 433

www.lifefitphysiotherapy.co.uk



Discount applies to physiotherapy treatment only