

What to expect

Injuries often originate in a different area to where the pain or difficulty is felt. It is likely that I will need to give you an overall assessment. Therefore I recommended that you wear tight fitting underclothes for your own comfort.

Further anybody wishing to, is more than welcome to bring someone along with them; this is compulsory for anyone under the age of 18. I do have DBS certificate for working with vulnerable people.

First appointment

In your first appointment we will talk through the issue and carry out a series of diagnostic tests. We will then discuss what I believe the issue to be and carry out the treatment that we agree upon (what this is will be depends on the findings) but treatment often consists of a massage and some exercises.

Follow up appointment

We will quickly go over the assessment again to check progress and then go into treatment, and again give you some more exercises based on the findings.

The exercises programme will be emailed to you. It includes pictures and videos. However if you would like to receive a print out, please let me know at the time and I will post one to you.

Massage appointment

This is solely for a massage; these appointments are not long enough to perform an assessment and give you advice. It is ideal for those who just need a massage.

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