

ABC

SPORTS INJURY PRACTICE

Working in partnership with



Do you suffer from:

- A Sport's injury
- Neck, shoulder or back pain
- Stiffness or soreness in the knees or ankles?
- Have balance or coordination problems?
- Need further rehabilitation for knee and hip replacements?

We provide the following services for musculoskeletal problems.

- Initial assessment and treatment
- Rehabilitation
- Sports Massage
- Exercise Prescription
- Postural Correction Advice

Why not come and see us at the ABC Sports Injury Practice, based in Ashford B.C. Appointments will be available during the day, evening and at the weekends.

Tuesday	10am-4pm
Friday	9am-12 Noon
	2pm-8pm
Saturday	8am-12 Noon

We look forward to keeping you playing at the top of your game.

To contact us for information or to make a booking:

Email: scottcumine@yahoo.co.uk

Phone: 07794304336

Or 07973654877

Payment for sessions is through cash, cheque or bank transfer at the end of each session.