



**dorking  
physiotherapy  
clinic**



A healthcare profession concerned with improving human function and movement.

- We specialise in the treatment of musculoskeletal disorders including spinal and sports injuries.
- As well as physiotherapy skills of massage, manual therapy, therapeutic exercise and electrotherapy (e.g. ultrasound, TENS etc) our team have post graduate expertise in pilates, acupuncture, spinal manipulation and injection therapy.
- A thorough orthopaedic assessment will be carried out before your diagnosis is explained, goals set and treatment strategy implemented.

**Physiotherapy can help relieve the symptoms of:**

- Sports Injuries
- Neck and Back Pain
- Arthritis
- Sciatica/ Slipped Disc
- Frozen Shoulder
- Rotator Cuff Tears
- Tennis/ Golfers Elbow
- Carpal Tunnel
- Hip/ Knee replacement
- Spinal Surgery
- Whiplash
- Shin Splints
- Sprains/ Strains

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A hands on clinical approach to Physiotherapy including but not limited to joint manipulation and mobilisation.

**Manual Therapy can help relieve the symptoms of:**

- Back and Neck Pain
- Whiplash
- Headaches
- Slipped Disc
- Carpal Tunnel
- Joint Stiffness
- Sports Injuries
- Rib Pain
- Repetitive Strain Injury

- Treatment of soft tissue and joints to reduce pain, increase movement, reduce inflammation, induce relaxation, improve soft tissue repair and improve function.
- Joint manipulation is practised by a number of professions and known variously as adjustment, grade V mobilisation or high velocity thrust. The common feature is that they achieve a 'popping' or 'cracking' sound.
- At Dorking Physiotherapy Clinic we believe a multi-modal approach combining manual therapy with other forms of treatment (core stability, strength training, proprioceptive training, pilates, acupuncture) achieves results.



## Specialist Physiotherapy for the management of neurological conditions.

- Neurological disorders can result in problems with mobility, sensation, balance, cognition, and communication.
- Neurological Physiotherapy aims to improve quality of life by restoring movement, mobility and optimising functional independence.
- Our experienced physiotherapist is able to provide reassurance, support and guidance in the management of long term conditions, for patients, families and support workers.
- A thorough and holistic assessment will be carried out and specific and realistic goals will be set between you and the physiotherapist.
- Treatment may include 'hands on' facilitation of muscle activity, postural control and awareness, soft tissue mobilisation and stretching.
- Improvements in fatigue management, walking, transfers, outdoor mobility, balance and cardiovascular fitness, can all be made with physiotherapy.
- Assessments and treatments can be carried out in the clinic or the comfort of your home environment.

### Examples of conditions treated:

Strokes  
Parkinson's Disease  
Multiple Sclerosis  
Brain Injury  
Spinal Cord Injury  
Cerebral palsy  
Guillan Barre  
Peripheral Neuropathies



Complete holistic healthcare system for the balancing of body mind and spirit.

- Acupuncture is an ancient system of healing, which began with the discovery that stimulating certain areas of the skin affected the functioning of specific organs.
- Acupuncture has evolved into a system of healing as the connection between the skin and organs was better understood and more sensitive ways of stimulation were devised.
- In the West acupuncture has been misleadingly publicised as being good only for specific conditions, for example, pain or weight loss. In fact it is effective for a large variety of conditions and can benefit the body, mind and spirit due to its power to stimulate our own healing response. This overall therapeutic effect is one of its great strengths.

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What we eat directly affects our physical and emotional health.

### Why Nutrition Therapy:

- Small dietary changes often make a big difference to how we feel.
- Good nutrition empowers the body to heal itself, often reducing the need for medication
- We are all individuals with different nutritional requirements. We take your personal needs into consideration.
- We take account of your personal likes, dislikes and lifestyle when designing your dietary protocol.
- Diagnostic tests for food allergies and intolerance can be arranged.

### Nutrition Therapy can help relieve the symptoms of:

- Allergies
- Arthritis
- Asthma
- Bloating
- Constipation
- Eczema/ Dermatitis
- Cardiovascular disorders
- Menopausal symptoms
- Migraines
- Osteoporosis



A complementary therapy which works on the feet to help heal the whole person.

- Reflexology dates back hundreds of years and is one of the major holistic therapies used to aid and assist the treatment of many illnesses, conditions and stressful complaints that confront us all in the fast pace of living today.
- It is appropriate for all ages and encourages the body to work naturally to restore its own healthy balance.
- Reflexology is based on the principle that every part of the body is reflected in a precise area of the feet; by stimulating the appropriate 'reflex points' energy can flow freely along energy zones throughout the body.
- Reflexology also increases circulation, aiding the distribution of nutrients and oxygen, and removing waste products from the system.
- Many people find regular sessions of reflexology an effective way of maintaining well being.

**Reflexology can help relieve the symptoms of:**

- Back Pain
- Migrane
- Arthritis
- Eczema
- Sleep Disorders
- Digestive Disorders
- Stress Related Disorders



A healthcare profession concerned with improving human function and movement.

- Sam Bowden is specifically trained in performance issues and the treatment of golf specific injuries.
- He has trained with the English Golf Union as well as leading biomechanists from Australia and the USA.
- His clients include beginners, local club golfers, golf pros and junior national level golfers.
- Often the golf pro highlights a problem yet drills and practise techniques aren't sufficient to address it. The problem may be as simple as a lack of flexibility or stability inhibiting the correct posture or body position.
- Musculoskeletal profiling is carried out to analyse a golfer's flexibility, stability and strength, before the correct rehabilitation program is implemented.

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Massage has been developed over thousands of years and is used for the promotion and restoration of health.

### Sport Massage can help:

- Sports injuries
- Repetitive strain injury
- Stiff neck
- Backache
- Sprains & strains
- Upper back tension & headaches
- Tendonitis
- Tight muscles

- Sports Massage and remedial therapy is deep tissue massage that was originally developed to aid sports performance.
- Remedial techniques such as assisted stretching are added to a treatment to improve movement & to deal with injuries and postural problems.
- Sports and Remedial Massage can benefit the athlete, recreational sportsperson and importantly anyone who suffers from muscle tension or a postural issue.
- We treat and help international athletes, executives, builders, busy mums and many more!
- Sports massage assists the healing process after injury. It can be used to maintain or increase flexibility, relieve stress, tension and pain as well as aiding recovery after training and exercise.



A relaxing and effective massage that aims to treat the whole person and not just the symptoms.

**Swedish massage can help:**

- High blood pressure
- Boosts immunity
- Improves Lymphatic drainage
- Speeds up the body's natural detox
- Eases muscle tension
- Helps combat stress & anxiety
- Helps with insomnia, depression and mental fatigue
- Breaks down cellulite & improves skin tone

- Using gentle but firm massage strokes, Swedish massage manipulates the soft tissues to ease muscular tension, breakdown cellulite and boost the immune system by speeding up the body's natural detox process.
- Swedish body massage is a deeply relaxing and soothing treatment that is perfect for de-stressing and inducing a deep sense of calm that can help combat stress and anxiety, improving our wellbeing. In many countries around the world a regular massage is considered an essential MOT for the body and mind.
- A full body treatment works from head to toe, and lasts for an hour and quarter, incorporating the feet, legs, arms, hands, back, neck shoulders and head. Also available are one hour and half hour treatments that can be tailored to suit.



You will find us to the rear of Dorking Sports Centre accessible from the car park and the main front entrance.

**Dorking Sports Centre**  
Reigate Road, Dorking  
Surrey RH4 1SW



## dorking physiotherapy clinic

We serve the Surrey and West Sussex border, including Dorking, Reigate, Redhill, Epsom, Crawley and Horsham.

Our clinic has established itself as one of the top Physiotherapy Clinics in the area, a trusted treatment provider for local general practitioners, leading surgeons, insurance companies as well as national and local sports clubs.

The great news is we do so much more than Physiotherapy. We have assembled a great team of alternative therapists.

For appointments or simply for advice, please ring, the Physiotherapy Clinic on:  
**01306 876072**  
[info@dorkingphysio.co.uk](mailto:info@dorkingphysio.co.uk)

From nutrition to massage, acupuncture to reflexology, we've got it covered.

Dorking Physiotherapy Clinic is situated in Dorking Sports Centre and as a result our patients have access to excellent rehabilitation equipment, top fitness trainers and sports instructors.