

# Chester Wellness Centre

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## Natural Balance, Chartered Physiotherapy and Sports Injury

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[www.natbalance.co.uk](http://www.natbalance.co.uk)

PHIL CABRAL  
Chartered Physiotherapist

### **PROVIDING PAIN RELIEF**

From time to time problems arise in the normal functioning of the body. When you are in pain, you want someone to diagnose the injury and make the pain go away as quickly as possible. As chartered physiotherapists, we identify your problems and have a range of treatments to help reduce your pain.

### **RETURNING YOU TO FITNESS**

Having reduced your pain the next stage is to get you back to work, sport and life. Identifying where your problems lie enables us to improve your strength, endurance, flexibility, balance and control so you regain your fitness and return to life's daily activities.

### **IMPROVING YOUR PERFORMANCE**

Everyone has the potential to be better than they currently are. Having returned you to your daily activities we can help reduce the risk of problems recurring and take you to new levels of well-being and performance by improving your health, fitness, physical efficiency and effectiveness.

- Physiotherapy
- Manual therapy
- Ultrasound
- Pilates
- Hydrotherapy
- Women's Health Physiotherapy
- Tailored Exercise Programmes
- Return to Work Programmes
- Pre-surgery Conditioning Programmes
- Post-surgery Rehabilitation

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