

October Newsletter



A great welcome to our October 2016 newsletter!

Hope you are keeping fit and well.

We had many patients in September after the Ealing Half marathon with DOMS (Delayed Onset Muscle Soreness) and other related musculoskeletal symptoms. Our timely offer on sports massages was put to good use.

**Christina Carlsen & Karthikeyan Krishnaswamy
Directors Ealing Physio**

Foam Roller Offer 30% discount.

**For October we are giving a 30% discount on all Foam Rollers.
Get the achy muscles back to normal functioning with foam rolling.**

They are a great way to mobilise your muscles, tendons, soft tissues and reduce stiffness.

You may need professional advice on how to use them regularly.

Our team of Clinical Expert physiotherapists are at hand if you need to assess your condition and help you on the road to recovery.



Team Ealing Physio

Appointments
0208 847 1887

[email us](#)

[email Lois](#)

[email Ioannis](#)

[email Greg](#)

[email Karthik](#)

Quick Links

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