

Ealing Physio September Newsletter



Keeping You Active



Welcome to our September newsletter which brings a fabulous offer of discounted sports massage in connection with the Ealing Half Marathon and a spotlight on one of our highly experienced physios. Enjoy!

**Christina Carlsen
Director Ealing Physio**

SPORTS MASSAGE OFFER



Due to popular demand we now offer 20% off our sports massages carried out by our experienced physios for all the runners taking part in the wonderful Ealing Half Marathon on Sunday 27th September.

You don't have to run the race to benefit from our special offer - just call us and enjoy the discounted sports massage appointment anytime between today and 15 October.

Did you know that sports massage can help lower the risk of injury? Massage reduces muscle tension and increases flexibility thereby reducing the risk of sustaining future injuries. We recommend regular sports massage and always in preparation before a race for peak performance and after the race to ease swelling and aches due to waste products such as lactic acid.

Come and have your aches eased and get limbered up!

Call us on 020 8847 1887 for an appointment.

[Click here to read more about sports massage](#)

[Click here to read about sports injuries](#)

SPOTLIGHT ON IOANNIS AGATHOKLEOUS



We are delighted to announce that Ioannis (Yiannis) left his own Cypriot private practice of 10 years to join us a few months ago! He is a highly skilled physiotherapist, specialised in sports physiotherapy and has been the esteemed Head Physio for the National Cypriot Football Team (U21) for 6 years. He actually still regularly looks after the team even though he is based in London! Our patients are very fortunate to benefit from his expertise at Ealing Physio.

"During the course of a European cycling competition, I had an accident that caused me a serious knee injury and an operation was necessary. Following the operation I had a series of physiotherapy treatments with Ioannis. He not only helped me to recover fully and swiftly from the injury but his treatments enabled me to take part again in international cycling competitions and win prizes for my top performances."

Vasillis Adamou - Gold medallist, Games of the Small States of Europe (2011)

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Appointments

0208 847 1887

[email us](#)

[email Lois](#)

[email Ioannis](#)

[email Greg](#)

[email Satheesh](#)

[email Christina](#)

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We are providers for all major insurance companies including:

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