



Optimal Medical Recovery

-  Neck and Lower Back
-  Sports Injuries
-  Pelvic Floor / Incontinence
-  Pre / Post surgery
-  Golf Training
-  Tennis Training



John Barratt

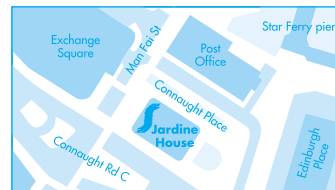
BSc Physiotherapy (Curtin) Australia,
BA Physical Education (Canada),
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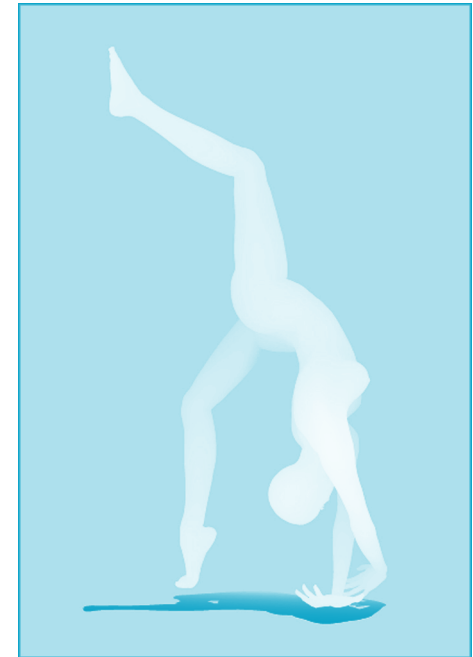
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How to Find Us



Achieve Enhanced Fitness
Optimal Recovery
Prevent Recurring Injury



Our Philosophy

SportsphysioHK is a state-of-the art physiotherapy practice dedicated to **excellence** in the care of **musculoskeletal problems**.

In conjunction to our special interest in **sports medicine** and **women's health** our physiotherapists are trained to manage musculoskeletal problems in **any age group** and at **any fitness level**.

For the Sports Person



- 🏃 Injury Assessment and Treatment
- 🏃 Sports-specific Rehabilitation
- 🏃 Stretching
- 🏃 Injury Prevention
- 🏃 Video Analyzed Running Assessment
- 🏃 Custom Made Orthotics
- 🏃 Postural Correction

As well as

- 🏃 Fitness Consultation and Training
- 🏃 Pilates
- 🏃 Nutritional advice
- 🏃 Sports Massage
- 🏃 Sports Psychology

Latest Sports and Rehabilitation Equipment

- 🏃 Treadmill
- 🏃 Cycle
- 🏃 Pilates Rerformer
- 🏃 Cybex Functional Trainer
- 🏃 Sport-Specific Training
- 🏃 Profitter



As well as

- 🏃 Electrotherapy
- 🏃 Computerized Biofeedback
- 🏃 Microcurrent Stimulation
- 🏃 Codetron
- 🏃 Acupuncture

