



“ It isn’t the mountains ahead to climb that wear you out, it’s the pebble in your shoe.” Mohammed Ali.

Are you in need of a professional, experienced and approachable physiotherapist to help you achieve your goals?

I am a Chartered physiotherapist, whose passion goes further than simply managing an injury. Instead, I take pride in my ability to identify, treat and rehabilitate injuries of clients, to ensure they do not lose sight of their goals.

I have gained a wealth of experience in sports- specific physiotherapy. I have achieved this through working in the 2015 Wimbledon Championships, Eastbourne tennis competitions and for the Professional Jockey Association.

Having gained my foundation skills during my time as a sports therapist and fitness instructor, I have maintained a continual level of professional development through working within Gillingham F.C and Holcombe Hockey Club whilst enhancing my clinical skills through practicing within the NHS as a qualified Chartered Physiotherapist.

I continually develop my professional status, and have gained a variety of skills including; Pilates instruction, dynamic and kinesio taping, acupuncture and specific injury assessment and treatment.

I have always been actively involved in a variety of sports, attaining an excellent standard in both athletics and hockey. Most recently, I have completed my first triathlon; an accomplishment that, at one time, seemed unreachable. This highlights my drive to continually challenge myself to achieve a higher level of skill, an attitude that feeds into my approach towards my role as a physiotherapist.

I am offering all this wealth of experience dealing with elite athletes at the top of their discipline, to this fantastic Triathlon Club...at specially reduced rates. My reason for doing this, is that I am passionate about individuals achieving their goals, be it an amateur or professional capacity.

The services that I offer are as follows:

- Chartered Physiotherapy at an optimum level
- Assessment with personalised rehabilitative exercises with videos to use at home
- Biomechanical assessment
- Isolated muscle assessment
- Postural assessment
- Neural assessment
- Acupuncture
- Kinesiotape
- Dynamic tape
- Core stability assessment and training
- Sports massage
- Deep tissue massage
- MET stretching
- Myofascial therapy

I understand how frustrating it is to be injured as a competitive athlete, so I will always encourage alternative exercise where possible to maintain a good level of fitness and strength.

Please contact me on **07956403046** to book in to see me or discuss any concerns you may have with an injury.

Louise Hayes

- BSc Hons Physiotherapy MCSP, AACP, APPI, FHT
- FA Diploma in Management and Treatment of Injury
- Chartered & HPC Registered Physiotherapist
- Member of Acupuncture Association for Chartered Physiotherapists
- Member of Australian Physiotherapy and Pilates Institute
- Member of Federation of Holistic Therapies
- Member of Sports Therapists

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