

Be Kind To Your Spine

REACH YOUR POTENTIAL

Whatever your sport, whatever your level, we tailor a functional chiropractic treatment plan to suit you, so you feel better, remain active and reach your potential.

DON'T LET YOUR BODY HOLD YOU BACK

Whether your preferred activity is running or walking; football or bowls; golf or the gym, you'll want to participate unhampered by pain, restricted movement or a re-occurring injury. Especially if the physical symptoms are interrupting your reason for doing it.

"Having experienced myself how much chiropractic helped me reach my goals and stay active, I'm very passionate about helping my patients in the same way."

Aleksander Kvamme (Sports Chiropractor)

IMPROVING PHYSICALITY

Our Sports Chiropractor works with clients suffering activity-related physical symptoms. Targeting the cause and helping to mobilise, strengthen and improve overall health.

Through careful diagnosis, functional analysis and gait analysis, we can identify areas of weakness, inflexibility and poor movement patterns. Suggesting a treatment plan to suit the individual. Easing discomfort, reducing the effects of poor movement patterns which can cause reoccurring pain and minimising the chance of injury.

Getting patients back to their sporting activity of choice; feeling better, performing better and enjoying it!

BE KIND TO YOURSELF TODAY

Ask one of our friendly practitioners for further information or to arrange an initial consultation.

FREEDOM TO MOVE

Functional Analysis enables us to highlight issues which could be holding your body back or increasing your risk of injury. From a few simple tests, we can identify how movements might be causing pain and recommend a rehabilitation plan which may include a mix of gentle adjustments, exercises and massages to help change the way you move.

BEST FOOT FORWARD

Gait Analysis identifies whether there is an underlying functional issue in a particular walking or running style which might be causing restriction or pain.

By assessing gait, movement patterns, functionality and identifying sub-optimal function, we can suggest a treatment plan to resolve each aspect. Often working in conjunction with or recommending podiatrists on orthotics.

Patients also have access to simple exercise videos they can follow at their own pace, in their own time and space.



RESIDENT SPORTS CHIROPRACTOR



"As a sports fanatic, my interest in becoming a chiropractor came from being helped to full recovery by my own chiropractic care. As a 17-year-old preparing for my first Norwegian military service, I suffered a disc prolapse, followed by regular episodes of debilitating lower back pain.

Thanks to my local chiropractor, I made a full recovery and decided to become a chiropractor to help others achieve their goals and remain active. I now enjoy a huge variety of sports including; hiking, strength training, cross-country skiing, golf and football.

I look forward to hearing how you like to stay active and helping you reach your full potential."

Aleksander



Be Kind To Your Spine

THE PATH TO A BETTER YOU

We guide patients physically, emotionally and nutritionally to a better life, providing:

- Overall Wellness Plan
- Gentle Adjustments
- Stretches
- Light Exercises
- Muscle Stimulation
- Promoting Overall Wellness
- Prevention & Recovery

FREE 15 MINUTE CONSULTATIONS AVAILABLE

OPENING HOURS

Mon:	9am – 1pm	2pm – 6pm
Tues:	9am – 1pm	2pm – 6.30pm
Weds:	9am – 1pm	2pm – 8pm
Thurs:	9am – 1pm	2pm – 6pm
Fri:	9am – 1pm	2pm – 6pm
Sat:	9am – 1pm	(Alternate Saturda

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www.lymingtonchiro.co.uk



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