

See where you are on your journey to health and wellness

RED

Find it, Fix it or Refer

I have a problem which is troubling me and I'd like know what's causing it, have it 'fixed' and begin to feel better again. Most of our patients show an improvement within six sessions.

You could be one of them.

YELLOW

Fit to Train, Fit to Work, Fit 4 Life!

If you don't have pain but feel discomfort or noticed that you're less able to do the things you have to do and enjoy the things you want to do then get assessed to establish your movement baselines.

We will help you work on your functional stability and mobility so you can start to feel better and do more.

GREEN

Out of pain, moving, well - what's next?

Strength is the container within which all other physical attributes are contained.

This is true for the elite athlete and for the grandparent who wants be active and play with the their grandchildren.

We will help you build usable strength that will keep you trim, looking good and physically active.

BLUE

How do I maintain my health and wellness gains?

For some patients they'll benefit from continued support in the form of a regular maintenance treatment alongside lifestyle changes to include a home exercise programme to promote weight loss, strength gains and improved balance, stability and mobility so you can start to feel better and do more.

BAC

Backcare and Acupuncture Clinic

2 Bate Street
Walsall WS2 8EL

15 Kings Road
New Oscott B73 5AB

Tel: 01922 620047 www.clusker.co.uk