

Backtogether

PHYSIOTHERAPY



Face masks

As time has gone on and with constantly changing guidelines and opinions, we have made the decision to make face coverings mandatory for our patients (fabric reusable ones are perfect).

We do not suggest you wear them while lying face down, this will be your decision. We hope you understand. This helps to reduce the risk of spreading any bugs as well as CV19.

Contacting us

Our booking line can help make or change appointments for you, and they will also pass messages on to us-

01428 609975

Email is great too-

backtogetherphysiotherapy@gmail.com



COVID face to face or remote?

This is a frightening time, especially if you are in the vulnerable patient category.

We are continuing to offer remote (Videolink) physio for those not wanting or needing face to face physio.

In our clinics we are operating a strict and careful practice. We follow all the government and professional body guidelines, we all wear PPE, we are asking our clients to wear masks (not when lying face down) and we have large gaps for cleaning between each client amongst other processes. Our main priority is to keep clients and ourselves safe.

New Physio

We are delighted to welcome Annabel Pelham.

Annabel is an experienced MSK physio and also a women's health specialist. She sees all the usual physio conditions but also specialises in pelvic floor issues, pre and post natal problems and pelvic pain. She is currently working Wed pm and Friday am's.



Aug 2020

Jane is returning to Farnham Dene for face to face appointments

When the first clinic to open up again after lockdown was Farnham Dene Alan covered those hours. He has continued to do so over the summer and as time has rolled on all clinics have reopened and Alan has recently been working in many different locations throughout the week. He is sliding back out from The Farnham Dene and will be concentrating on Elstead and Headley. Jane will be back in the Farnham Dene on Mondays and Wednesdays from the 7th Sept.Â

Recommendations

Thank you so much for your recommendations. We rely on word of mouth for our business. If you have been pleased with your care from us please let people know via word of mouth and reviews. If you haven't been satisfied then please do speak to us. We want to know if you haven't been happy, so we can attempt to change that.

The business world is increasingly reliant upon reviews, this is something we forget to ask people to do. If you could leave us a review either on Facebook or google we would be so incredibly grateful.

And thank you so much again for recommending us.

Prices

Our prices were due to go up at the end of March having remained unchanged for over 5 years. We obviously froze all charges as COVID hit but having the additional requirements for large gaps between patients, and the costs of PPE, we need to proceed with the increase. The increase brings us in line with other local practices and includes Physio PPE. We are sure you'll understand.

Pilates

We have run live and recorded virtual sessions, and will continue to do so. Our new online block will commence in September and is open to everyone. We are hoping to add some real classes into the mix very soon. We also offer virtual 1:1 and 2:1 or face to face 1:1 pilates sessions.

Pilates equipment sale

Covid has forced us to review our Pilates practice. One major change we have to make is that we are now unable to provide mats and head cushions for people. In any future classes people will have to bring their own. As a result of this we are selling our Pilates kit.

We are offering a 'Pilates pack' - which consists of a mat, two head cushions with covers (large and small) and some theraband for £10. All equipment is second hand but has been washed, and not used for 5 months!

Email Jane if you would like to buy some.

