

PARTNER
PROFILE

PHYSIO2GO



Based in St Albans Physio2go® provides a full range of physiotherapy services from our clinic in St Peters Street.

The team is lead by Mark Adshead who established his private practice in St Albans in 1990 with an emphasis on treating sports injuries. Our philosophy has always been that it is important to treat sports injuries promptly to promote good quality healing of the soft tissues, limiting the potential for the problem to develop into a chronic condition, thus leading to a swifter return to sporting activity.

All the physiotherapists at our Physio2go® clinic have post-graduate training in the management of sports related injuries. An appreciation to detail is vital in the diagnosis of these injuries (as it is in all forms of physiotherapy) as it leads to a targeted approach to treatment and rehabilitation. We always aim to achieve your maximum recovery as swiftly as possible in order to allow you to return to your normal activity, whether that is playing, coaching, umpiring, working, studying or running Mum & Dad's taxi service!



We also provide the following treatments:

- Where there is a medical need for home treatment we have a team of highly specialised physiotherapists who are able to visit you in the privacy and convenience of your own home or in supervised residential settings.
- Sports massage
- Acupuncture
- Pilates on a one to one basis

Always remember to ask for your Hockey Club discount