

# Qualifications & Accreditations

BSc Physiotherapy

Chartered Physiotherapist

Member of the Health Professionals Council

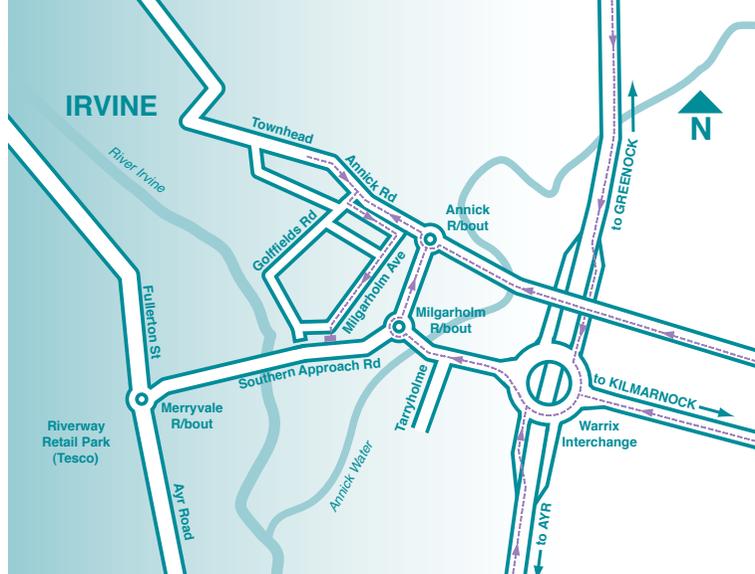
Physiotherapists are discovering better ways to help the body back to full working order. In some cases they are rediscovering traditional methods with new insight as to how they work.

I build on the firm foundation of a physiotherapy training, with its broad understanding of pathology and treatment.

By my musculo-skeletal specialisation I provide hands-on treatments including: remedial massage, neural stretching (Neurodynamic Technique), Muscle Energy Techniques (the gentle version of manipulations) and Myofascial Release.

I maintain an interest in the on-going development of these techniques.

Please visit my website for a full list of qualifications and course certificates:  
[www.claireyoungphysio.co.uk](http://www.claireyoungphysio.co.uk)



claire young  physiotherapist  
helping you to health

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*Rediscover and learn  
how to maintain  
your body's balance.*

*Reduce pain  
and improve  
your posture,  
movement,  
mobility,  
lifestyle and  
well-being.*



## You don't need to suffer from...

Back pain and stiffness

Neck pain and stiffness

Joint sprains

Muscular aches and pains

Fractures, once out of plaster

Post-operative pain and stiffness

Sports Injuries

Leg or arm pain and stiffness

Arthritic Pain

Numbness and tingling in the limbs

Sciatica

Slipped disc

Frozen shoulder, tennis elbow, RSI

Postural problems

Acute and chronic whiplash injuries

## Your individual treatment plan...

You might have pain or stiffness, from an injury or the strain of every day life.

A thorough physical assessment and listening to your unique situation (injury, pain, life style, preferences) guides my choice of treatments.

I use hands- on treatment of remedial massage, stretching and myofascial release.

Exercises, explanation and advice are an important part of treatment as they allow you to understand how to help yourself.



***I aim to help you  
live life to the full.***

## Client Comments ...

*"I know everything about how my shoulder works and now I can help myself"*

*"Claire's a good listener"*

*"Claire has given me good advice"*

*"Professional and thorough"*

*"I feel completely confident in Claire's ability to help me"*

*"Claire always explains what she is doing"*

