

What to wear for your Physiotherapy Appointment

- Wear something comfortable
- Tie long hair up
- For ladies if you have neck, upper back, shoulder, elbow, or hand problems, bring a singlet / tank top ()
- For ladies if you have lower back pain, bring a pair of shorts and a tank top
- If you have hip, knee, ankle, or foot problems, bring a pair of shorts



For your own personal comfort please;

✘ **DO NOT WEAR** See through or flimsy undergarments

Clinic Contacts

Mobile: 07748 504456

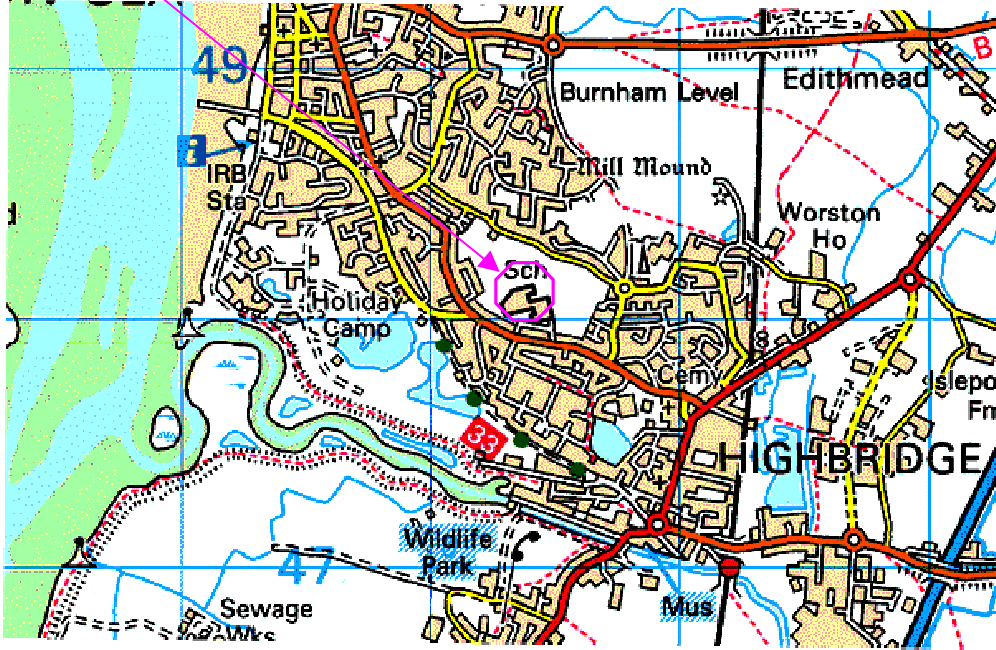
Phone: 0845 6025774

Email: info@mbillphysio.com

Web: www.mbillphysio.com

**Cancellations MUST be made within 24 hours of appointment.
Charges may apply if less than 24 hrs notice is given.**

King Alfred's
Sports Centre



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- (2) [King Alfred's Sports Centre](#)
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