

EMMA JAMES
BSc (Hons), MCSP, SRP, APPI, AACP

**PHYSIOTHERAPY
& CLINICAL PILATES**



Recognised by all major health insurers

Emma James

INTRODUCING THE NEW VIBROGYM

VIBROGYM is state-of-the-art equipment, offering a combination of gentle training and healthy vibration massage which speeds up the rehabilitation of minor and major injury

At EMMA JAMES Physiotherapy it is paramount to us that you receive the highest level of service and advice on up-to-date, research & rehabilitation techniques.

The NEW **VIBROGYM** offers you the best in state-of-the-art training/rehabilitation equipment – ensuring you speedy recovery from injury.

Almost 100% of the body's muscles are exercised when using the **VIBROGYM**.

I experienced no back pain for the first time in years – Steven Sachs

If you are suffering with an injury and need to find a solution to speed up your recovery, call us today to find out about how the **VIBROGYM** can benefit you.

call **01442 870686**
or e: enquiries@ejphysio.co.uk

FURTHER EXPANSION!

Due to our phenomenal success, EMMA JAMES Physiotherapy, is expanding the brand once more (which includes Boxmoor, plus a growing list of satellite corporate clinics in and around London), into The Fitness Lounge in Finchley Road, London. You will find the **VIBROGYM** there too! And (like at all of the EJP clinics), members and visitors will benefit from expert advice on physiotherapy and clinical pilates – at the highest level – EMMA JAMES style!



VIBROGYM

Decreases

- stress on joints, ligaments & tendons
- pain ■ body fat ■ cellulite ■ blood pressure ■ cortisol ■ lower back pain ■ training time

Increases

- bone density ■ metabolism ■ flexibility ■ strength/power ■ circulation ■ basal metabolic rate ■ leg extension strength ■ bicep curl strength ■ jump height ■ growth hormone ■ testosterone ■ daily calorie burn ■ weight loss and inch loss

APPOINTMENTS

**01442
870686**

or email us at
enquiries@ejphysio.co.uk

CORPORATE ENQUIRIES

01442 408442

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