

OUR TREATMENTS

Delivered by HCPC-registered physiotherapists, with every plan built around you.

- Free 15 minute Discovery Call to assess eligibility
- Physiotherapy assessment and treatment
- Sports Massage
- Bike Fitting Assessment
- Prehabilitation
- Joint Mobilisation
- Exercise Prescription
- Shockwave Therapy
- Kinesiology Taping
- Exercise Classes **NEW**

Not sure where to start? Book a free 15 minute Discovery Call to talk things through.



CLINICS

Physiotherapy is available at:

Norwich

106 Dereham Road
NR2 4BU

Coltishall

Unit 3, Randell Barns, Horstead
Coltishall, Norwich NR12 7EE

Sheringham

1 Augusta Street
NR26 8LA



Scan to book online

01603 737188

reception@randellsfootcare.co.uk
www.randellsfootcare.co.uk



RANDELL'S
HEALTHCARE



15 MIN
DISCOVERY CALL
FREE

PHYSIOTHERAPY

Keep on Moving

01603 737188

www.randellsfootcare.co.uk

PHYSIOTHERAPY THAT GETS TO THE CAUSE

Randell's Healthcare physiotherapy brings evidence-led, hands-on care to the same trusted Norfolk clinics that already look after over 25,000 patients. Whether it's a niggling injury, persistent pain, recovery after surgery or a goal you want to get back to, we assess properly, explain clearly and build a plan around you.

Physiotherapy could help if you:

- Have neck, back, joint or muscle pain
- Have had an injury or a fall
- Find everyday movements difficult
- Are recovering after surgery
- Have a condition such as arthritis or osteoporosis
- Have pain caused by poor posture
- Want to improve performance or reduce injury risk



WHY CHOOSE RANDELL'S HEALTHCARE



Evidence-led care

Assessment and treatment grounded in current best practice, not guesswork.



Hands-on and exercise-based

Manual therapy, mobilisation, taping and shockwave, alongside a progressive exercise plan.



Integrated with podiatry and biomechanics

A genuinely multi-disciplinary team, including combined biomechanical assessment for complex cases.



Tailored to your goals

From everyday movement to sport and performance, for all ages and activity levels.



Exercise classes

Small-group classes to build strength, balance and confidence.

WHAT TO EXPECT

Your care, step by step:

1 Initial assessment

A thorough look at your movement, history and goals, with a clear explanation of what's going on.

2 Your personalised plan

Treatment in clinic plus a tailored exercise programme, sent to you after your appointment.

3 Follow-up and progression

Regular reviews to check how you're responding and progress your plan.

4 The wider team

Where it helps, we bring in our podiatry and biomechanics colleagues.

Ready to get started?

Scan the code to book online
or call **01603 737188**



Scan to book

www.randellsfootcare.co.uk/physiotherapy

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