

# Caryn Adam Physiotherapy Strand

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As therapists, we realise the importance of rehabilitation in preventing re-injury and preventing chronic pain. For this reason rehabilitation is one of our main treatment tools. Other treatment modalities that are frequently used include: Joint

Mobilisation Dry needling Electrotherapy Soft Tissue massage Strapping Neural

Mobilisation The practice is situated on the corner of Main and Beach road in Strand, and in St James street in Somerset West. Click [here](#) for the map

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