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 MobilisationDry needlingElectrotherapySoft Tissue massageStrappingNeural MobilisationThe 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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