

Physiotherapy



Sanctuary House
Catherine Cotterill MCSP
HPC registered

Great North Run Special

Physiotherapy for all runners during August 2014
£20 per appointment!

Treatment Available:
Soft tissue massage
Myofascial Release
Muscle imbalance assessment
Dry Needling (Acupuncture)
Joint Mobilisation
Exercise Prescription

As your training mileage increases, look after your body and
reach the 7th September in peak condition –
book an appointment today

For an appointment or further information, please call
Catherine on
07731 817665

**Sanctuary House, 3 Upper Norfolk Street, North Shields,
NE30 1PT**