



MANOR HOUSE PRACTICE

SHOCKWAVE THERAPY

Introducing our New Therapy at Manor House Practice.

Is Chronic pain ruining your life? Stopping you from doing simple things or enjoying your active hobbies? All too often people suffer with chronic pain that they are trying to manage or even face surgery. Shockwave therapy can provide a realistic alternative to surgery. Over the years I've had a few patients that haven't responded as well as I would have liked to treatment, so I've invested in this new NICE approved therapy to help those patients. The treatment is recommended by NICE and has an over 85% success rate to be pain free after just three treatments. And still pain free after a year. Shockwave Therapy is a major advance in effective safe treatment. We look forward to helping you on the road to recovery.

DON'T LET PAIN HOLD YOU BACK



Try Shockwave – the quick and effective treatment for chronic pain

Shockwave can treat:

- Plantar fasciitis
- Achilles tendonitis
- Shoulder and back pain
- Frozen shoulder
- Tennis or golfer's elbow
- Running/walking leg pain

Why choose Shockwave?

- Reduces pain
- Quick and effective
- Proven success even with long term conditions
- No need for medication
- A non-invasive alternative to surgery

How does it work?

Shockwave is a hand held device that stimulates the healing process by boosting the blood supply and encouraging the growth of new, healthy tissue.

Manor House Practice, Beccles is the only clinic offering shockwave treatment for 20 miles!



Book your consultation today

Book online at manorhousepractice.co.uk
Call 01502 712505 or email Info@manorhousepractice.co.uk



Introducing Charlotte Power who joined us in November 2018. Charlotte is a Level 4 Sports and Body Massage therapist, having qualified in June 2018. She has the knowledge and enthusiasm to undertake any treatment needed to help people regain their health and mobility. Charlotte will be working Saturday afternoons to offer a more suitable appointment time for those who can't get to us in the week.

What mad sporting events has Kathryn signed up to this year? I am always keen to enjoy life to the full and live by the simple idea of if you find something you enjoy do more of it. I have therefore signed up to do the Olympic Park half marathon on 10th February, Brighton Marathon in April and hopefully Ride 100 Miles on bike Surrey. I will also do a couple of Essex triathlons. You don't have to be mad or super fit to exercise try the couch to 5km app on your phone!

You can keep up to date with all the latest news from the practice by visiting our Facebook page. You'll find lots of informative videos too! Manor House Practice - Beccles

Winter Warmer

£5 off Shiatsu and Ayurvedic Marma Massage with Trish Dent until the end of February 2019.

Special Winter Offer - 10% off osteopathy appointments

We're pleased to offer our customers a 10% discount on your next osteopathy appointment. This discount is valid up until 30th April 2019, one booking per patient. To claim your 10% discount simply quote reference 'Winter 19' when you make your booking and then either print out or bring a copy of this email on your phone to show us when you attend the appointment. Offer excludes virtual osteopathy and shockwave therapy.

Wishing you a happy healthy Winter. *Kathryn Macdonald MD*