



## Sarah Summers Senior Physiotherapist

---

### Experience

Sarah is our highly accomplished physiotherapist who graduated in 1996 and completed her master's degree in Advanced Physiotherapy at University College London in 2006. She has worked in private practice in central London for more than 15 years, internationally and at the Olympic Games. Sarah's experience covers long term and acute spinal problems, sports injuries, work related pain, post-operative rehabilitation and hypermobility.

She specialises in **Activation therapy** which is a holistic approach designed to restore your body's optimal function by massaging congestion points within the muscles and releasing blockages. The results in strength and flexibility are dramatic and easily measurable and are accompanied by correction of muscle balance, increased energy and resilience, improved sporting performance, a calmer mind and most often a complete resolution of pain.

### What we can offer

This is a one to one consultation to teach you to self-activate so you can boost your body and mind. The session will take you through the process of self-massaging specific points to improve your breathing, performance and energy. This will shift your nervous system into a parasympathetic state which reduces stress and places your body in a calmer state so it can therefore rest, digest and heal. This is the optimal state for your immune system to work properly. Activations improve physical performance, mental alertness and increase your resilience to stress and illness.

If you are looking for an alternative approach, then don't hesitate to book in.

### Fees

Priced at £100/hr per person (**normally £120**).

## Be ACTIVATED and CALM



Lower ground floor,  
Building 2 London wall  
buildings,  
London Wall  
EC2M 5PP



+44 (0)207 374 6181



info@lhcclinic.co.uk



www.lhcclinic.co.uk



London Healthcare  
Clinic