

## Holistic and Integrative Physiotherapy



Dear Charisma members,

I am so pleased to be affiliated with the Charisma and be able to offer all Charisma members a 15% discount on treatment at my clinic here in the Dulwich College Sport Centre, Pond Cottages, Dulwich, SE21 7LD.

I work as an integrative holistic physiotherapist specializing in and doing:

- **Spinal and sport Injury prevention and treatment.**
- **Sports assessments for prevention of injuries and mastering sporting excellence**
- **Hyper-mobility management in life and sport**
- **Pre- and Post-operative orthopaedic rehabilitation**
- **Cranio-Sacral Therapy and Clinical Reflexology**
- **Myofascial Release**

All with the purpose of treating the cause, not the symptom. My physiotherapy treatment is evidence based and empowers you with the knowledge of how to recover from your injury safely and properly.

I qualified as a chartered physiotherapist from Brunel University in 1994 and started working in the NHS gaining experience in orthopaedics and outpatients, but my love for sport and the biomechanics of the body meant that I gravitated very early towards musculoskeletal injuries and sporting excellence. I have over the years worked with Surrey County Cricket Club, The Wessex Cricket Academy, Weymouth Football Club, The Danish National Cricket team, The BMX World Cup in Copenhagen, Harriers Athletic Club, Chickerell Football Club, Dance Schools amongst other and have looked after several sports professionals preparing for the Olympics as well as VIPs in London. In 1997 I qualified in Cranio-Sacral Therapy and in 1999 in Clinical Reflexology. Combining physiotherapy and holistic medicine enables me to leave no stone unturned in helping clients who have more complicated injuries.

I will always examine and look at the whole body to ensure that I am not just patching up an injury but get to the bottom as to why it happened in the first place. Everything is connected and will therefore affect each other.

**Tina Nielsen Talbot, BCs, MCSP, HCPC**

To book an appointment: You can call, WhatsApp or message me on 07954720607 or you can email me on [tinanielsentalbot@gmail.com](mailto:tinanielsentalbot@gmail.com)

Charges: Assesement 60min/£81.60, 45mi/£64.60, Treatments 60min/£81.60, 45mi/£64.60, 30min/£47.60

Website: [Tinanielsentalbot.com](http://Tinanielsentalbot.com)

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**Tina Nielsen Talbot**, BSc, MCSP, HCPC  
Dulwich College Sport Centre, Pond Cottages, SE21 7LD



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I am a chartered physiotherapist with 25+ years' experience of treating elite and recreational athletes, and I specialise in amongst other sports injuries, preventative sports assessment, pre- and post-operative orthopaedic conditions, hyper-mobility syndrome, headaches/migraines as well as cranio-sacral therapy.

My treatment is evidence based and empowers you with the knowledge of how to recover from your injury safely and properly.

Below are conditions I can help you with:

- Any joint pains and stiffness
- Sport Injuries
- Headaches and Migraines
- Back and Neck pain and stiffness
- Dynamic Core stability and Strength
- Muscle and tendon injuries
- Ligament injuries
- Nerve pain – sciatica, tingling, numbness
- Pre- and Post- orthopaedic operations – foot, ankle, knee, hip, back, shoulder, neck, elbow, hands

### Charisma member Price List

Physiotherapy Assessment with Treatment	60min/£81.60	45mi/£64.60
Physiotherapy Treatment:	60min/£81.60. 45mi/£64.60	30min/£47.60

**Sports Assessment (MOT):** Children are growing and gymnastic is a sport where their body is required to work at a very high level. Just like we service our cars to ensure they don't break down on us, have an MOT of your child's body (car) is a valuable measure in avoiding overuse injuries and optimising skill acquisition. These are recommended at 6 months intervals. (60min/£81.60)