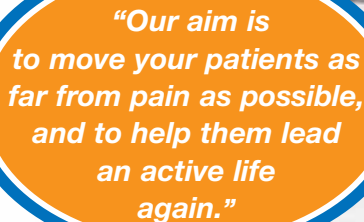


The BMA guidelines state that GPs can safely refer to statutorily regulated professionals such as osteopaths. In keeping with the RCGP and NICE guidelines for the management of acute low back pain, active^x clinics:

- Advocate early return to mobility
- Provide manipulative treatment
- Provide acupuncture
- Provide a structured programme of exercise
- Always refer back to GP if we think X-Rays or scans may be needed
- Will see patients within 2-3 days

Osteopaths actually treat many different conditions, although we're best known for treating back, neck, shoulder and hip pain.

A blue speech bubble with a white border containing text.

“Our aim is to move your patients as far from pain as possible, and to help them lead an active life again.”



“I’ve recommended patients to active^x clinics on many occasions and consistently receive very good feedback about the service provided. Gavin Routledge and his team always seem to provide an excellent and dependable service with a real focus on safety.”

Dr Gordon Cameron, GP, Mountcastle Surgery

Registered with all health insurance companies

x active^x clinics services

Do you want to...

GET FIXED

(quick fix)

OSTEOPATHY
PHYSIOTHERAPY
REMEDIAL MASSAGE
SPORTS INJURIES
POSTURE CORRECTION
ACUPUNCTURE



GET FIT/HEALTHIER

(long term solution)

PERSONAL TRAINING
NUTRITION
HABIT CHANGING
WEIGHT LOSS
HEALTH OPTIMISATION
the **max** plan

Unsure where to start?

contact the clinic director

e

gavin@active-x.co.uk

At active^x clinics we have a powerful blend of clinicians and health coaching experts, all aiming to move you as far from pain as possible, and back to an active life again. So whether you need something fixed, or simply want to get healthier, we're here to help you get active for life.

x active^x team Experts in getting you active for life

