



GARRY TRAINER

Garry Trainer D.O.B.Ac, cited by The Times as 'Britain's Top Back Care Specialist', has been practising for over 40 years and has the support of many A-list performers from the world of entertainment and sport. His pioneering treatment encourages pain free and efficient movement in the back, neck, and any joint pain, supporting all three systems - muscular, skeletal, and nervous system - to work in harmony.

Garry's area of speciality is in the treatment of back and neck pain which can manifest in a variety of ways. Some back pain is relieved by movement while other forms of back pain is aggravated by it, so it's of paramount importance to find out exactly what sort of back pain you have. Treatment can be used to maintain function to keep things going or restore function when things are broken down.

Holistic Osteopathic Care

Initial Consultation 60 mins	£240
Follow up 45 mins	£190
Follow up 90 mins	£350

Garry's revolutionary treatment is a unique combination of osteopathy, acupuncture, and deep tissue massage, encouraging pain free and efficient movement in the back, neck, and joint pain. This treatment is also ideal for post travel and jet-lag recovery and general well-being. Treatments can also be booked individually upon request.