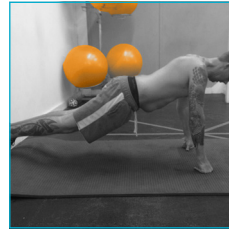
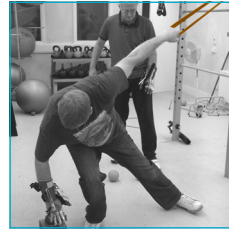
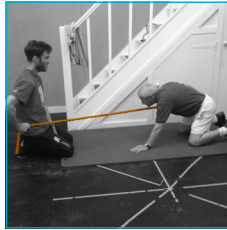


SELF REFERRAL

Please do not hesitate to contact us.

We would love to speak to you further about our Clinic and how we can help.



HOVE CLINIC

THE SHED
2A STOCKWELL LODGE
127-129 CONWAY STREET
HOVE
EAST SUSSEX
BN3 3LW

t: 01273 911212
e: info@nikkipenny.co.uk

HURST CLINIC

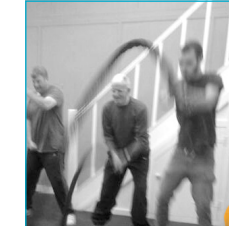
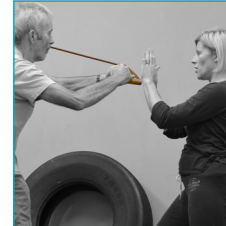
CART LODGE
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CUCKFIELD ROAD
HURSTPIERPOINT
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NIKKI PENNY STROKE & NEUROLOGICAL PHYSIOTHERAPY CLINIC



www.nikipenny.co.uk

NIKKI PENNY PHYSIOTHERAPY CLINIC

A neurological physiotherapist is a therapist who has special skills and knowledge in the treatment of patients who have suffered trauma or a disease affecting their central nervous system.

Anyone suffering a movement or balance problem could benefit from the specialised skills of a neurological physiotherapist.

Some of the well-known conditions that are treated by neurological physiotherapy are:

- Stroke
- Multiple Sclerosis
- Motor Neurone Disease
- Head injury
- Parkinson's Disease
- Spinal injury

Nikki Penny and her team believe that rehabilitation should be a challenge but achievable.

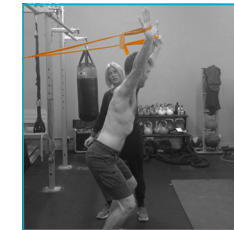
We are committed to provide the best neurological treatment.

Our team encourage people to explore what is possible to achieve through physiotherapy and then assist them to fulfil their potential.

- We have 2 bespoke clinic areas in Hove and Hurstpierpoint.
- They emulate health and independence.

WHAT WE DO AT THE CLINIC

- One to one assessments allow us to see how you move and the potential for change
- We can clinically reason what is the most suitable pathway forward to allow you to reach your goals
- Our progressive treatments and training plans allow you to begin to work to reach your potential
- We will develop a home exercise programme to keep you moving and maintaining your gains between treatments.
- Your home programme can be photographed/videoed and sent or downloaded to you.
- We have specialist skills in Saebo and constraint therapy and offer specialist upper limb training packages
- We designed and developed the Neurofit programme. We run four Neurofit exercise groups bespoke for stroke and head injured clients, Parkinson's, cancer and upper limb strengthening group
- We are forefront of understanding and implementing strength and conditioning with clients with a neurological condition
- We offer adapted neurological Pilates groups and Pilates individual sessions.
- You can access personal training and clinical massage at The Clinic.



Here at the Stroke and Neurological Clinic, our team of Neurological Physiotherapists – all members of the Chartered Society of Physiotherapists – specialise in treating patients who have suffered an injury or disease affecting their central nervous system (CNS).

We are Advanced Bobath trained, authorities in functional training and also offer wide ranging skills in acupuncture, pilates, strength & condition training, gym ball and orthotics.