

Climbing & Physiotherapy



SUNDAY NOVEMBER 5th 2017 at BLOC

See Nina for a 'Climbing Screening' (50 min) discounted to WCS attendees £45

- This screening is suitable if you are **injury free**
- Assessment of your climbing related physical strengths & weaknesses. How they can help or hinder your climbing performance & flag up any injury risk factors.

Or,

Book a Physiotherapy Assessment (1 hour) if any of the following apply to you: £60

Are you suffering from shoulder, elbow, or knee pain that is holding you back from climbing your best?

Or, you can't shake off your niggles with self diagnosing and internet exercises?

Do you have a finger injury that is stopping you from climbing, or is giving you recurring issues?

Do you want to push on and climb below your potential because of injury or pain? Or, would you like to find a solution and get climbing harder than ever?

Nina Tappin has a wealth of experience treating climbers & sports injuries. She has recently moved to Squamish, Canada after living in England for 15 years. Nina has treated all levels of climbers including all disciplines of climbing. She has also treated elite climbers such as Hazel Findlay.

Check out www.climbingphysiotherapy.com

Climbing Physiotherapy 

email to book your slot: nina@climbingphysiotherapy.com