



# Physio Action

## Physiotherapy and Sports Injury Clinics - locations in North Leeds, Harrogate and Ilkley

We have a reputation of excellence & provide a wide variety of expertise in all areas of musculo-skeletal conditions including:

- Back pain, sciatica, disc problems & sacro-iliac joint pain
- Neck pain, whiplash, migraines & headaches
- Acute injuries or Trauma
- Sports Injuries
- Upper and Lower limb Sprains & Strains
- Pre & Post-Operative Rehabilitation
- Work-related Injuries
- Running & biomechanical problems
- Women's Health Physiotherapy
- Pre & Post Natal Physiotherapy including Mummy MOT
- Conditions benefitting from Massage, Acupuncture & Kinesio taping



Contact us

Central Booking Line **0113 2687578**

email [info@physioaction.com](mailto:info@physioaction.com) web [www.physioaction.com](http://www.physioaction.com)





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**Physiotherapy and Sports Injury Clinics**  
- locations in North Leeds, Harrogate and Ilkley

Our staff have decades of local, national and international experience, some of whom have been selected to provide care for British Olympic Teams and England Rugby.

Our name '**Physio Action**' reflects our belief that everybody should have the health and mobility to do everything they love.

In addition,

We treat all areas of the body with physiotherapy across all ages and disciplines.

We offer an array of complementary therapies and have strong links with other medical professionals.

We can make direct referrals for private MRI scans.

We are registered with all the major medical insurance companies.

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