CONTINO

OSTEOPATHY & REHABILITATION

COMING SOON TO
BOREHAMWOOD, HERTFORDSHIRE



# Helping you move with confidence.

*Move better - Feel better - Live fuller*

Osteopathic care for muscle and joint concerns, alongside neurological rehabilitation for people affected by stroke and other neurological conditions.

*Free 10-minute consultation*

## MEET MARISA

Marisa Contino
BA (Hons) Osteopathy
GOsC Registered Osteopath

With experience in osteopathy, NHS clinical care and neurological rehabilitation, Marisa is passionate about providing compassionate, individualised care.

Awarded the Rising Star Award by the Institute of Osteopathy in 2022.



# How Can I Help

Care tailored to your individual needs and circumstances.

## Osteopathy

Hands-on treatment to help manage pain, ease muscle and joint stiffness and improve movement.



## Neurological Rehabilitation

Rehabilitation for people affected by stroke, Parkinson's disease and other neurological conditions, with a focus on balance, mobility and everyday activites.



## Home Visits

Osteopathic treatment in the comfort of your own home, particularly for those who find travelling difficult.



## A COMPASSIONATE APPROACH

Having cared for a close family member following a stroke, I understand the importance of patience, empathy and recognising each person's individual needs and circumstances.
**Concessionary rates available for unpaid carers.**

## ENQUIRES WELCOME


Borehamwood, Hertfordshire

Home visits across Hertfordshire & North London by enquiry

@continoosteopathy

continoosteopathy@gmail.com

+44 7970 966 061

continoosteopathy.co.uk