

club health.™

Life, Relived.



**Club Health** is a multidisciplinary space in the heart of London, focused on body health and longevity. It's a place where the body can heal, the mind can rest, and the soul can recharge. The Clinic offers an array of personalised services such as **Physiotherapy, Rehab Training, Remedial Massage Therapy and Clinical Pilates**. The services aim to heal different parts of your body and improve your overall lifestyle.

Club Health is a hub where people can service their existence in totality and understand the importance of a consistent lifestyle. The space itself was designed and built with careful consideration to our Patients. The rooms are like recharging stations, little getaways from our chaotic routines. They allow you to get in tune with your body, listen to what it has to say, work on it, service and maintain it.

We work with people of all ages, who want to keep an active, balanced lifestyle. Whether they are already faced with body imbalances, injuries, or just seeking to give their bodies the attention that is needed for injury prevention, Club Health is the place to be.

Your journey at CH begins with a consultation to discuss your needs and targets, followed by a bespoke Plan of Care to help you materialise your goals. Being healthy and operating at a high level is a way of life, it's a set of behavioural patterns and habits that become the foundation of a life worth living.

## Founder & Team

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“People deserve exceptionally better access to great care to help them stay active, mobile, free from painkillers and consequently, surgeries.”

Luis Ribeiro  
Founder and Clinical Director of Club Health

Luis Ribeiro is the Founder and Clinical Director of Club Health, and one of UK's leading Physiotherapists. With a sports background, as a former Professional Footballer and Football Physiotherapist, Luis' vision has been to change the notions, beliefs and thinking around Physiotherapy and help people improve their wellbeing and promote longevity.

Unlike the industry norm, Luis likes to assess each Patient case individually, moving away from fixing complex problems with one-dimensional fixes. Using a manual, hands-on approach and implementation of broad postgraduate skills, Luis seeks for a complete treatment using clinical reasoning and muscular movement systems to not only treat the problem, but also prevent it from recurring.

This unique approach has made Luis one of the most sought-after medical practitioners, not only in London, but also in Riyadh, Dubai, New York and Miami.

While Luis is the consummate professional and the reason Club Health came to life, he is not alone in his pursuit to reimagine Physiotherapy. He has put together a team of experienced, passionate professionals that share the same vision. Walking into Club Health you know that staff members have your back and will do anything to put together a personalised plan that will address your needs. From Pilates Instructors to the Clinic's Director, everyone is accessible and willing to help.

## Healthlab - Products for Life

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When we preach the idea of a complete approach to wellbeing, we put our words where our mouth is. Healthlab is our own, bespoke, high-end nutritional supplements and solutions brand to match our clients' busy lifestyles, to help them perform at 100% of their potential.

Could we have just re-sell, off-the-shelf supplements such as 99% of the industry? Yes. Did we? No. Much like with everything that happens at Club Health, we chose to scrap the traditional way of doing things and do it the CH way.

We wanted to know the exact ingredients that go into each supplement, the method by which they are produced and the effects and results they would have on our clients. We leave nothing to chance and our supplement line is a powerful example of that.

To view the Healthlab supplements, scan the QR code.



## Physiotherapy

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Physiotherapy is often associated with injuries, rehab or physical pain. At Club Health, our Physiotherapy Treatments are a way for the body to find answers to its needs.

Diagnosis is the key to our treatment approach. During your consultation, we will take you through a thorough analysis of your health and lifestyle, to create a Plan of Care that will holistically address your goals and needs.

Whether you are struggling with long term back-pain, recovering from surgery or wanting to prevent future injuries, we can help.

Our Physiotherapy Treatment Room is where we build bodies that can withstand the test of time. Each session allows you to acquire the tools necessary to increase your overall quality of life and achieve long-lasting results.

Much more than just treating symptoms, the Club Health approach targets and resolves issues before they arise, resulting in a better, stronger, healthier you.



## Rehab Therapy

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Our personalised rehabilitation plans and the Club Health Rehab space are designed to allow you to work towards your wellness targets, recover from injuries or simply stay in shape whilst living your best life. We specialise in movement science and Sports Medicine.

Our team of certified fitness and rehab specialists will guide you through a series of functional movement screens to assess your mobility and use that information to prescribe mobility and stability exercises to accelerate recovery, mitigate postural syndrome-related pain, and decrease injury risk.

One of our Physiotherapists will consult with you and your Rehab Therapist to ensure your Plan of Care addresses your specific goals and needs.



## Clinical Pilates

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Clinical Pilates at Club Health follows the original ethos of the Clinic, aiming to teach you to quite literally control every inch of your body. We recommend booking some private sessions to help you understand your body, its balances, perhaps more importantly its imbalances, and how to make Clinical Pilates work for you.

We pride that our approach to Clinical Pilates is one of a kind. With our signature 1-to-1 sessions in our innovative, light-filled Pilates studios and using a combination of principles of traditional Pilates with a new and dynamic technique, Club Health Pilates delivers the perfect combination between a sculpted and balanced physique.

With a focus on body balance, wellbeing and positivity, Club Health's Pilates sessions are the best in London for a full-body restoration.

The clinic's Practitioners, will guide you through a workout that's tough, but undeniably beneficial.



## Massage & Mobility Therapies

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Club Health offers an array of bespoke treatments aiming to relieve stress, realign the body and protect it from future injuries. Remedial Massage Therapy and ADJUST are two of the most sought after remedies at CH.

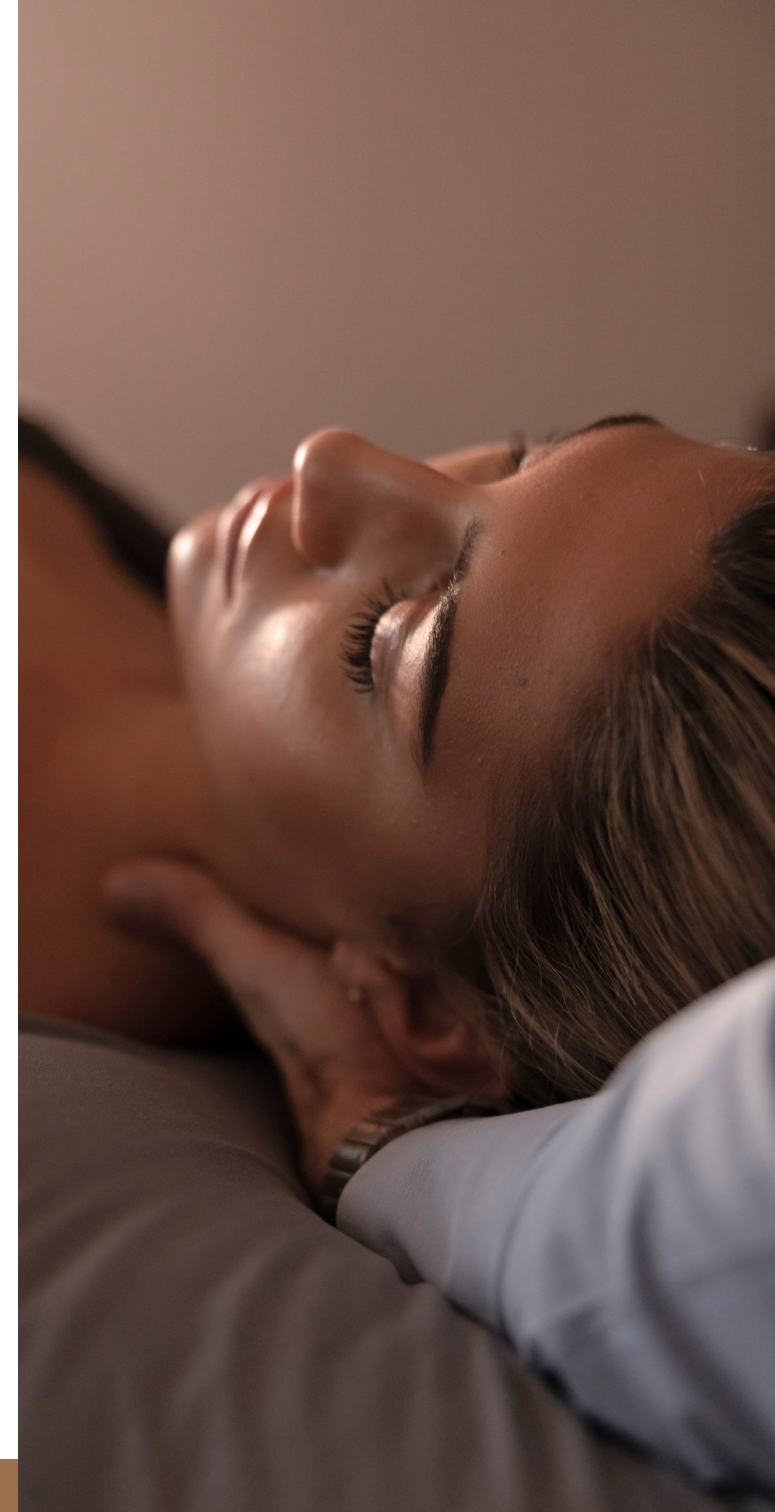
**Remedial Massage Therapy** combines stretching and deep tissue manual work, in order to trace the original source for any pain you are experiencing. Our practitioner explores the areas where the problem might have occurred and applies the necessary pressure to address the issue.

The most direct benefits of this treatment are the stimulation of the blood supply, increased joint mobility, and the repair of damaged tissue.

**ADJUST** is a CH Signature Method that involves stretching and massage techniques to balance and de-stress the body and mind. These treatments have been specially curated by Luis, the CH Founder, to mirror the Clinic's core beliefs.

Designed to address each Patient's needs and treat their weaknesses in sessions of 25 or 55 minutes, ADJUST is the ideal treatment for people leading a hectic lifestyle. ADJUST can be applied both for rehabilitation and injury prevention, as re-aligning the body is at the core of this therapy.

Treating yourself to a nice relaxing massage after a stressful week is one thing; but to have a true impact on your wellbeing, the treatment should directly address your imbalances and maintain perfect function. Our hands can do that.



## Remote Sessions

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We understand that finding the right balance is more important now than ever. That's why we've made ourselves available for online consultations, in addition to our in-person consultations.

The remote sessions include guided Rehab & Conditioning, Stretching, Mat Pilates, Nutrition and Follow Up Consultations focusing on recovery.

Email us at [hello@clubhealth.uk](mailto:hello@clubhealth.uk) in order to inquire about practitioner availability and pricing.



# Physiotherapy

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## **MANUAL THERAPY**

The 'hands-on' approach, sometimes referred to as 'bodywork'. This is what separates the Club Health Physiotherapy treatments from others. We use a combination of methods such as soft tissue mobilisation, myofascial release, stretching, strengthening, massage and other specialised techniques to promote relaxation, decrease pain, improve flexibility, strengthen tissue, and help improve movement patterns.

## **SOFT TISSUE MOBILISATION**

This is a manual technique performed to break up any adhesions that are causing restrictions in your body. These adhesions can consist of fibrous tissue (scar tissue), inelastic tissue, tissue fluids or any other tissue that is misaligned. The goal of this treatment is to realign the tissue and remove restrictions.

## **MYOFASCIAL RELEASE TECHNIQUE**

A highly effective manual technique that focuses on applying pressure to myofascial (fascial system - connective tissue) restrictions in order to restore efficient movement patterns and decrease pain.

## **MUSCLE ENERGY TECHNIQUES**

This technique is based on the theory of reciprocal inhibition: the muscles on one side of a joint will relax when the muscles on the other side of the joint contract. This is done through application of manual pressure by the physical therapist. It can be used to increase range of motion, lengthen muscles in spasm or shorten and strengthen muscles.

## **PRE & POST OPERATIVE REHAB**

The Club Health Programs follow specific pre and post-surgical protocols focusing on the individuals' specific surgery details as laid out by your Consultant. Once your CH Treatment has got you back to managing your everyday activity in a pain-free manner, your program will start to focus on addressing the imbalances that may have led to the injury.

## **POSTURAL TRAINING**

The focus of this treatment is to identify and correct any postural problems that you may have. These problems can negatively influence muscle activity and structural alignment throughout the entire body, which can cause impairments and movement-related problems that ultimately lead to injury, dysfunction and pain.



# Physiotherapy

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## **PROPRIOCEPTIVE TRAINING**

Proprioception is an automatic response of the central nervous system regarding position, motion and equilibrium. Balance training and other types of training will help establish a connection between muscles, joints and nerves. This will help the body to function far more efficiently in everyday and sporting activities.

## **PROPRIOCEPTIVE NEUROMUSCULAR FACILITATION (PNF)**

PNF is a form of manual therapy that uses the body's proprioceptive system to inhibit or facilitate a muscle. PNF incorporates stretching and contraction of the muscle that is being targeted.

## **MOTION AND BIOMECHANICAL ANALYSIS**

Biomechanics is the study of human motion. By finding biomechanical faults, we can help treat an injury, prevent future injuries and help you move more efficiently. Our Practitioner will perform an analysis for all motions of any sport, including (but not limited to) running, golf, tennis, ballet, baseball, basketball, cycling, rowing or whatever else it is that fires your passion.



## Other Services

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### HIGH POWER LASER THERAPY

Laser Therapy is Club Health's latest cutting edge Tissue Therapy treatment. Laser Therapy is a simple and painless therapy used to speed up healing of damaged tissue and help against acute/chronic conditions through various therapeutic wavelengths and infrared light.

This state-of-the-art laser therapy increases blood flow, oxygenation and cell division which results in accelerated cell metabolism, and hence faster, more efficient healing.

The treatments can be incorporated into your CH Plan of Care along with your regular Physiotherapy or ADJUST sessions.

A vast range of injuries and body imbalances such as back pain, sprains and/or strains, arthritis and various sports injuries are some of the conditions that can be treated using this method.

### DRY NEEDLING

Dry Needling is an effective way to eliminate trigger points in taut muscle bands found in many acute and chronic injuries or pain syndromes. It is also used to stimulate healing in chronic tendon problems such as Achilles tendonitis and tennis elbow.

In the case of trigger point treatment, needles are inserted directly into the muscle trigger points. These are overactive areas of muscle and fascia, a tough connective tissue that wraps around most of the structure of the human body.

### PODIATRY & ORTHOTICS

Club Health Podiatry is a concept created and developed to offer the ultimate in foot health and podiatric care including treatment, management and prevention of any type of foot problems.

From complex surgical procedures to helping choose the right footwear, each musculoskeletal abnormality is addressed from the problem source.

In addition to your standard Podiatry session at Club Health, our Practitioners can assess your lower body imbalances, create your 3D foot scans in-house and produce your 3D-printed insoles within days.

### COMPEX®

Compex® can be described as 'Your Intelligent Training Partner'. It is an electrostimulation system that can be used to promote active recovery, muscle relaxation, decrease pain, or muscle strength training.

E-Stimulation uses numerous electrical currents (pre-mod, interferential, TENS, high-volt, low-volt, micro, Russian, NMES) to stimulate nerves, reduce pain, decrease swelling, increase blood flow, improve circulation, prevent scar tissue, and help wound healing.

### WORKPLACE ERGONOMIC ASSESSMENTS

You have that back ache, neck pain and that annoying elbow pain for a reason - it's because we spend a huge portion of our lives at our desk/in our work environment. Our Practitioners assess your work area tendencies and coach you through your day by introducing positive habits to keep you energised, pain-free and happy.

In addition to your standard Podiatry session at Club Health, our Practitioners can assess your lower body imbalances, create your 3D foot scans in-house and produce your 3D-printed insoles within days.

### NUTRITION

The benefits of a balanced nutrition are applicable to everyone. Many of our Patients are required to use antibiotics for excessively long periods and it is imperative they have the best nutritional advice to ensure that their gastrointestinal health and wellbeing is intact despite antibiotic treatment.

The role of nutritional therapy is multi-faceted and affects life in so many ways. We treat and consult Patients with food intolerances, and specific food allergy syndromes.

Club Health Nutrition encompasses a large number of Patients with respiratory problems, and musculoskeletal inflammation of joints and surrounding structures.

Due to the vast diversity of cases, Club Health Practitioners are highly qualified to consult on many disorders that are rare and hard to treat. The experience that they ammasse as part of a world-class, multidisciplinary team is invaluable in preparing them to meet the nutritional needs of all Patients, no matter how complex their medical and nutritional history may be.

## Other Services

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### **EXPERT REFERRAL RECOMMENDATIONS**

We work closely with only the very best Consultants, General Physicians, as well as, Elite Sports Managers. Let us put you in the right path so you continue enjoying the amazing service standard and care that you have become accustomed to at Club Health.

### **GLOBAL TRAVEL**

For the Patients who never stand still and are always on the go, busy with life, work and travel - we have the solution to your problem. Many of our Patients choose to take us with them on their travels or simply abroad to their homes. Whilst on the road with you, we are sensitive to the fact that your time is precious - so we work around your schedule, fitting in time whenever convenient to you.

### **DOMICILIARY SERVICE**

The most important phase during any rehabilitation process is the acute management. We believe in addressing the issues as quickly as possible, as well as, maintaining positive results once achieved. This is why we provide the Club Health domiciliary service.

If you have just had surgery, we will take care of everything for you - we will pick you up and take you to our Clinic, and ensure all your needs are met.

We make certain all aspects are optimal for recovery while we work with you every day in our Clinic. This way, we are able to accelerate your recovery and get you back to the important things in life.

We are with you all the way during your recovery journey.

### **ELECTRO MUSCULAR STIMULATION (EMS)**

EMS is a training methodology used across different fields, from elite-level sports, to physiotherapy and medical applications to address weight loss, toning up, strength endurance, improved mobility and pain relief.



## Get in touch

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### WE WOULD LOVE TO HELP

Whether you want to book your first appointment, learn more about our services, inquire about a possible partnership or refer Patients from your practice, we are always available and ready to work together.

You can reach us by phone at +44 (0)20 7823 1273 or by email at [reception@clubhealth.uk](mailto:reception@clubhealth.uk), the choice is yours. We can't wait to hear from you.

 [www.clubhealth.uk](http://www.clubhealth.uk)

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“Recovery doesn’t begin, until we do.”

Luis Ribeiro | Founder and Clinical Director of Club Health

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