
Central Health Opens in SPARC at Roehampton University

September 2008 - Leading provider of health and wellness services, Central Health, is opening within the Sport, Performance, Assessment and Rehabilitation Centre (SPARC) at Roehampton University on 1 October 2008. Physiotherapist, Caroline Fox BSc (Hons) heads the service and is looking forward to working closely with the expert SPARC team. Caroline's areas of specialisation include sports injuries, rehabilitation and biomechanics. She works with Rosslyn Park Rugby Club and she is a practising member of the Acupuncture Association for Chartered Physiotherapists.

SPARC is among the leading providers of sport science and sport medicine services in the London area and its state-of-the-art physiology laboratory has been praised for its professional staff and cutting-edge equipment.

Caroline plans to provide a full physiotherapy service to complement the work and research activities within the centre. Physiotherapy services are offered to individual clients both by referral through the centre or through individual enquiries.

Managing director of Central Health, Natasha Price MCSP, commented, "As a leading supplier of health and wellness services we are constantly looking at innovations and developments within medicine and physiology and SPARC is an excellent place for us to be located. Our presence marks a very exciting and significant expansion that will benefit sports enthusiasts in the local area as well as further afield."

To book an appointment contact Central Health on 020 7404 6343. The treatment rooms are located on the Whitelands College campus of Roehampton University, Holybourne Avenue, London SW15 4JD.

Jackie Dabinett, Director of SPARC at Roehampton University, says: "Central Health services perfectly complement our own and our association with such a professional provider will enhance our offering to people interested in sports and exercise whatever their performance standard".

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Notes to editors:

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About Central Health

Central Health was founded in 1992 by Chartered Physiotherapists, Simon Shepard and Natasha Price. Known initially as Chancery Lane Physiotherapy, the company, which started in Chancery Lane in Central London, changed its name in 2005 as services expanded.

Central Health has grown to become a multi-faceted operation with the aim of providing health and wellness services to individuals and corporations constantly appraising advances in the field of medical science to **return, maintain** and **build** people's health and fitness.

Central Health operates from three London locations: Chancery Lane, which remains the main clinic; the Hospital of St John & St Elizabeth in St John's Wood; Movers and Shapers in Vauxhall; and is soon to open a fourth location in Roehampton.

Whilst physiotherapy remains core to Central Health, the company offers a full range of health and wellness services including stress management, orthopaedic consultations, health screening, GP services (in partnership with GenMed), occupational therapy, sports medicine, podiatry, nutrition, acupuncture, massage, personal training and Pilates sessions.

Central Health works with large organisations to ensure staff wellbeing, compliance and total peace of mind. This includes delivering education on topics such as ergonomics and manual handling, putting in place health & safety policies, providing health screening and GP services and helping to measure and manage the negative effects of stress.

With over 40 practitioners, Central Health is one of the largest employers of its kind. All the therapists are chartered and registered with The Health Professions Council.

For more information on Central Health visit www.central-health.com.