



G4 Physiotherapy & Fitness

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Find us on social media @G4PhysioFitness    

get fit, stay fit

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*Currently unavailable



G4 Physiotherapy & Fitness

Didsbury's G4 Physiotherapy & Fitness is a highly reputable and popular injury, fitness and health clinic that provides a multi-disciplinary holistic service. We offer skills and expertise to help diagnose and cure all injury problems, improve general health and well-being along with promoting levels of fitness and rehabilitation. Our friendly and highly experienced team offer a wealth of clinical experience from all walks of life from around the globe.

Meet the Founder

G4 was founded by Glyn Forshaw and was established in Didsbury in February 2011 following his return from working overseas with the Royal Marines.

Glyn graduated in 2002 from the University of Huddersfield and spent years working within the private sector and with professional sports clubs and athletes. The majority of his experience has been with the Royal Marines and during this time and to this day, Glyn has provided a physiotherapy, rehabilitation and fitness service during commando recruit training and military exercises around the globe alongside operations in Iraq and Afghanistan.

Following the success of the clinic launch, Glyn has since recruited a team of highly skilled and reputable medical, health and fitness professionals. A very welcoming, efficient and friendly administration team also play a big part and assist with the day to day running of the business.



Glyn meets some local children whilst working in Sierra Leone.



G4 Services

Physiotherapy

Following a thorough and accurate assessment by one of our chartered physiotherapists, our team will provide treatment consisting of our specialist range of physiotherapy treatments and modalities to help relieve pain, reduce swelling and inflammation, reduce joint and muscle stiffness and promote the healing of all soft tissue injuries. As required, our team will provide specific strengthening and exercise rehabilitation to assist with the complete recovery of all injuries and conditions to enable the return to full fitness and function as quickly as possible.

We also have female physiotherapists who are able to assist with Women's Health problems such as pelvic floor issues and symptoms arising from pregnancy and childbirth

We provide a mobile physiotherapy service to residential areas and places of work to suit the needs of our clients.

G4 Services

Sports Rehabilitation

Our sports rehabilitation team are highly skilled in dealing with the majority of those in need of physiotherapy treatment and are very much 'hands-on' to help each client in the best possible way. Sports rehabilitation involves a full injury assessment, diagnosis and subsequent treatment which may entail soft tissue massage, physiotherapy manual techniques and gym rehabilitation. Treatment sessions aim to alleviate pain, improve joint range of movement and reduce both muscle tightness and spasm. Gym work in our clinic will help to regain confidence, restore strength, stamina, endurance and flexibility. Sessions will also enhance skills such as proprioception, balance, agility, coordination, power and speed.



Acupuncture

Acupuncture or dry needling may be used seldom or in conjunction with other physiotherapy and massage treatments to assist the recovery of injuries and pain. The technique is used to alleviate pain, reduce muscle tightness and relieve stress and tension. Acupuncture will ultimately accelerate the healing process to allow a swift recovery and return to full function symptom free.



Massage Therapy

Our G4 Massage service is very popular for those with neck and low back pain, sport injuries, headaches and general muscular pain and stiffness throughout the body. Our team of massage therapists use a variety of techniques to reduce signs and symptoms of pain, muscular tightness, stress and tension. Massage therapy may entail sports massage, Indian head massage, cupping therapy, myofascial & trigger point release along with aromatherapy.

Acupuncture can relieve pain, muscle spasms, tension and tight muscles.

Massage offers relaxation and the release of stress and tension throughout the body.

G4 Services

Reflexology

Our G4 Reflexology service benefits those with various peripheral and systemic problems to help alleviate pain and other associated symptoms. Reflexology is a complementary, non-invasive treatment method that involves stimulating reflex zones on different parts of the body with the most common being the feet. The foot contains reflex areas which correspond to specific parts of the body. The different areas of the foot are more commonly used in reflexology as opposed to other parts of the body because they are known to be more responsive and provide effective symptom relief.



Fitness Classes & Personal Training

Our fitness classes and personal training sessions take place in our gym studio and are conducted by fitness professionals with backgrounds in physiotherapy, rehabilitation and other areas of fitness. Our enthusiastic fitness team consist of sports-specific trainers, personal trainers (level 3 & above), strength-conditioning coaches and physical training instructors (Royal Marines). Both individual and group fitness sessions welcome people of all ages and are structured to cater for all levels of fitness from beginners to elite level. Our training is bespoke and is tailored to suit the client(s) needs and ability. We operate both indoors within our G4 fitness gym and outdoors in the local environment where needed. Our indoor classes are kept to a small size to maximise both technique and performance to achieve the desired results. Classes include strength, circuit training (HIIT), Pilates, dance fitness and Yoga.

To take a look at our fitness class timetable, please visit www.g4physio.co.uk/g4-fitness-classes/#timetable

Fitness Class Registration – To register for our fitness classes, please complete the registration form by visiting www.g4physio.co.uk/g4-fitness-classes/#registration Please note, to take part in our Pilates classes, clients are required to attend an initial assessment with one of our instructors to the benefit of client performance and injury prevention.

We train clients in our 'G4 Fitness Studio' and operate in training areas to suit the needs of the client or group and to meet the demands of specific training goals and intensity.



G4 Services

Sports Podiatry

Our G4 podiatry team specialise in sports and running performance and provide musculoskeletal biomechanical assessments using both the visual eye, video and gait technology. Initial assessments may consist of gait analysis and bespoke orthotics may be advised in conjunction with the correct footwear, postural, strengthening and stretching recommendations.



Podiatry/Chiropody/Foot Health*

Our routine/general podiatry team provide assessments and treatments to assist with many foot problems and also help to promote and maintain a good level of general foot health. Treating symptoms helps to prevent the deterioration of problems to assist with discomfort amongst other symptoms. Common problems include calluses, corns, verrucae, in-growing toe-nails, thickened skin, cracked heels and foot wounds.

Yoga

Yoga is highly recommended to assist with sporting activity, aid recovery from injuries, injury prevention, reduce pain, relieve stress levels and enhance an active healthy lifestyle. Our Yoga fitness instructors provide bespoke instruction and guidance to assist with health and well-being. Our team provide Yoga classes for both individual one-to-one sessions and within a group setting in our fitness and rehabilitation fitness studio. Our classes are suitable for all levels of fitness. We also provide specialist Pre-Natal & Post-Natal Yoga 1:1 and classes to reduce related symptoms and maintain fitness during pregnancy and post-natal phases.

For further information on our Yoga class timetable, please visit www.g4physio.co.uk/g4-fitness-classes/#timetable

*Currently unavailable

G4 Services

Pilates (inc. Pre & Post-Natal)

Our chartered physiotherapists and fitness instructors conduct core stability and strengthening (Pilates) instruction and classes both on a one-to-one basis and within a group. Core stability is a recommended physiotherapy treatment tool to assist with posture and toning. Core stability training is beneficial for clients with back pain and other ailments associated with a weak core and poor abdominal activation and is often used as a preventative measure for back pain. Our classes are suitable for all levels of fitness. We also provide specialist Pre-Natal & Post-Natal Pilates 1:1 and classes to reduce related symptoms and maintain fitness during pregnancy and post-natal phases.



For further information on our Pilates class timetable, please visit www.g4physio.co.uk/g4-fitness-classes/#timetable

Dance Fitness & Personal Sessions

Dance is a unique form of exercise and benefits physical health and mental state along with strengthening emotional wellbeing. Our team at G4 offer a fun and sociable workout (both group classes & 1:1) whilst improving muscle tone, general strength, posture and flexibility. The bespoke routines that we teach comprise of physical movements of different intensities to help build co-ordination, balance, body control and endurance. Such skills are perfect if clients are looking to tone up, lose weight or improve general health. Private dance tuition is an excellent way to learn how to dance with good form and technique. Everyone has different goals, body types and learning styles so throughout our personal dance sessions (1:1), clients will be taught material that is most suited to their needs.



G4 Services

Diet and Nutrition*

Our G4 nutrition consultants specialise in dietary intake and energy consumption/expenditure. Initial consultations involve discussions regarding diet, health and fitness goals. Our team offer guidance to assist with weight loss to enhance sports performance and for aesthetic reasons.



Health Screening and Fitness Testing

Our fitness team offer health screening to provide effective health guidance and identify any risk factors that may be associated with cardiovascular or cardiorespiratory illness. The assessments involve the data collection and information relating to physical assessments and body composition. Fitness testing may be conducted to identify fitness levels and to help construct fitness goals and targets.

If you have chronic low back pain which consistently keeps reoccurring, you may find that core stability rehabilitation may just be the cure.



It is recommended you should aim to consume 1.2 litres of water every day. A good tip to help achieve this is to have your 1.2 litres prepared each day in bottles so you know how much you have to consume throughout the day.

*Currently unavailable

G4 Services

Bike Fitting

Our team assess and modify the set-up of bikes to assist with cycling performance, alleviating pain and reducing the risk of injury. The correct bike set-up is essential and advisable to ensure cycling is comfortable, effective and enjoyable.

Health screening provides informative physiological data about the current state of the body and identifies any risk factors that may predispose to any form of injury, illness or disease.

Poor posture and an incorrect bike set-up can lead to symptoms hindering performance and training programmes. The dynamics and mechanical issues associated with cycling prove critical when maximum performance and efficiency is the goal.



External services

Anti-Wrinkle, Botox & Dermal Filler Treatments – Qualified Nurses at Ashlea Faye Aesthetics work within the clinic in providing aesthetic treatments to both males and females to enhance appearance and reduce the outlook of ageing. For further information, please visit www.ashleafayeaeesthetics.co.uk



Teeth Whitening – Our local dentist provides professional teeth whitening to give teeth a more glowing and healthy look. Please contact the clinic for further information.

Room Rental Opportunities – Many specialists, consultants and professionals from other related disciplines rent an area at G4 to provide clients with alternative services.

Please email glyn@g4physio.co.uk if you would like to discuss the opportunity.

Corporate & Mobile Services

Many of our services can be provided within the comfort and ease of the clients' own home or work when requested. We also provide regular corporate work including physiotherapy, massage and fitness classes as requested to help reduce symptoms, maintain fitness and promote both health and well-being. Please contact the clinic if you would like to discuss a corporate opportunity.

How To Make An Appointment

Appointments can be made by one of the following methods:

- Online Booking via our website - www.g4physio.co.uk/online-booking
- Telephone - 0161 445 5133 or 07528237574
- Email – admin@g4physio.co.uk
- Clinic – appointments can be made direct at the clinic with a member of our reception team.



G4 Gift Vouchers

The perfect gift

Our "G4 Health & Fitness Gift Vouchers" make the perfect present for looking after your friends and family as a kind gift and on special occasions such as Birthdays, Christmas, Mother's Day, Father's Day, Anniversaries and Valentine's Day. We can provide additional G4 vouchers to the services outlined below such as for Physiotherapy and Sports Podiatry. We can produce special bespoke vouchers upon request by contacting the clinic.

For further information, please visit www.g4physio.co.uk/gift-vouchers

Our online booking system is quick and easy; you can choose your therapist and book your appointment around your work and lifestyle

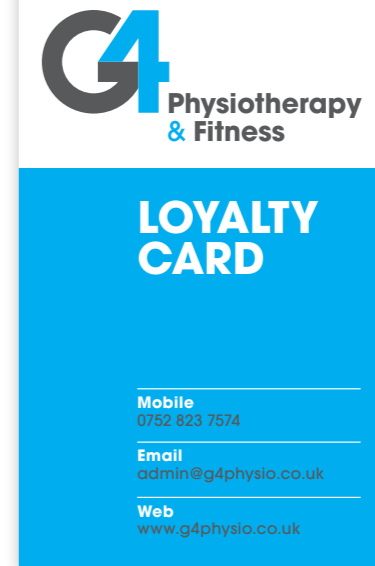
Our Gift Vouchers prove very popular for occasions such as Birthdays, Christmas & Valentine's Day



G4 Loyalty Cards

For returning loyal customers

Each self-paying client will receive a 'G4 Loyalty Card' upon their first visit to the clinic. The loyalty card acts as an appointment card but they also gain a G4 stamp upon each self-paying visit to the clinic. Visits include all of our services including all of our fitness classes that are attended. Once a client reaches a total of ten stamps (within the same calendar year 1st January – 31st December), they will be entitled to a complimentary 30-minute sports massage that must be taken within that same year or by 31st January in the next calendar year.



Frequently Asked Questions

What will happen on my first visit to the clinic?

You will be made welcome by a member of our reception team and be asked to fill out some paperwork to gather information about you and your needs or requests. A member of the specific clinical team will then introduce themselves and take you through to a private consultation room and conduct an assessment followed by the relevant treatment or service as required.

Do I need a GP referral for physiotherapy?

You do not require a GP referral for physiotherapy unless you have a private medical insurance policy that requires such. Please enquire with your insurance provider to find out further information about your policy and for them to answer any queries that you may have regarding your medical cover.

Can I use my private medical insurance cover for physiotherapy and massage at G4?

We are recognized by all private medical insurance companies and welcome clients with the associated cover for each discipline.

Do you have both male and female physiotherapists?

We are fortunate to have both male and female members of staff and you are free to request for either when booking an appointment.

What qualifications do your team hold?

Our chartered Physiotherapists are all members of the 'Chartered Society of Physiotherapy' (CSP). Both our Physiotherapists and Podiatrists are registered with the 'Health and Care Professions Council' (HCPC). Our Sports Rehabilitators are all registered with the 'British Association of Sports Rehabilitators and Trainers' (BASRaT). Our Pilates instructors have all been trained under the Australian Physiotherapy and Pilates Institute (APPI). Our massage therapists, yoga instructors, nutritionists and other therapists hold their own special qualifications. All of our personal trainers and fitness instructors are at least 'Level 3' trained and hold the required first aid qualifications.

Do you offer special discounts?

We do have close affiliation links with various sports teams, fitness/running clubs and local businesses. Please contact the clinic to enquire whether you and your friends or colleagues are entitled to a discount. If you wish to discuss an opportunity to have a link with the clinic, please email glyn@g4physio.co.uk

Can I book block sessions?

We offer special rates for blocked sessions of massage, Physiotherapy, Sport Rehabilitation, acupuncture, personal training bookings as well as all of our fitness classes (x4, x6 or x10). Sessions can alternatively be booked on an ad-hoc basis, with no time limit in which to be utilised. Please contact our clinic for further information and prices.

Do I need a Physiotherapy, Sports Rehabilitation or Massage session?

All these disciplines may be used to alleviate pain and other associated symptoms. However, we advise that you discuss with a member of our team prior to your appointment if you remain unsure. One of our clinical team will conduct a thorough initial assessment and offer the correct advice regarding the most effective treatment plan at the clinic with the most appropriate discipline, e.g. the Podiatry team.

Should I attend Yoga or Pilates?

Our instructors in clinic teach various forms of Yoga including Hatha and Vinyasa, as well as Matwork Pilates with equipment for a range of abilities and ages. Yoga can be used to improve flexibility and mobility through the body, improve strength in the limbs and core and also focus on relaxation and breathing techniques. Pilates focuses on core strength and spinal mobility and is used to improve and prevent a number of musculoskeletal aches and pains, most commonly lower back and neck pain. We do however find that these two disciplines complement one another very effectively.

Do I need an assessment before I book onto fitness classes?

Due to the technicality of Pilates, we ask that you attend an initial assessment with one of our instructors prior to attending your first class. This can be a 30, 45 or 60 minute session and is designed to introduce and teach the 'key elements' of Pilates and address any amendments or modification needed based upon ability or injury. All other fitness classes (circuits, weight training, yoga) do not require an initial assessment but you will need to complete a fitness Par-Q and screening form prior to your first class. Initial consultations can be conducted if requested by the client which will entail health screening and body measurements.

I'm pregnant or recently gave birth, can I attend your classes?

We hold both pre-natal and post-natal Pilates classes, held by those instructors who hold the relevant qualifications and teaching experience. If you are interested in our circuit or strength classes, please contact the clinic to discuss with an instructor. We additionally provide post-natal and women's health physiotherapy sessions for those with any problems during or after pregnancy..

How can I pay?

Payment can be made by card or cash direct at the clinic or over the telephone with a credit or debit card. You can also pay by via our online booking system or alternatively via bank transfer (BACS).

Do you train just sports athletes or do you cater for all levels of fitness?

Our fitness team train all levels of fitness from beginners, intermediates, advanced to professional athletes. We welcome people of all fitness abilities to take part in both individual and group sessions. Additionally, our physiotherapy and rehabilitation team treat many conditions that don't arise from physical activity, such as neck and lower back pain.

Do I need to exercise if I want to lose weight?

The correct mode, duration, frequency and intensity of exercise is advisable to achieve adequate weight loss within specific timescales. Our health and fitness team will advise and coordinate a program if requested alongside nutrition recommendations by themselves or the diet and nutrition team.

Frequently Asked Questions

Where do you train people and have you got gym access?

We are fortunate to have our very own fitness gym with cardiovascular training equipment, resistance machines and free weights. Our fitness sessions are tailored to meet the demands of the client and therefore we make use of the fitness gym and local environment in an effort to maximise the clients' fitness goals as required. Your Physiotherapist, Sports Rehabilitator or Sports Podiatrist may provide you with a home exercise plan to be carried out with minimal equipment at home, or with more extensive equipment for those with external gym access or within sessions here at G4.

Can I train before work?

Our fitness team provide training sessions throughout the day from 6am to cater for those who wish to train early morning before work or for example, on completion of a night shift.

Have you got disabled access?

Our clinic tailors for the general public and we therefore have full disabled access at ground floor level with subsequent facilities indoors.

Have you got a car park?

We have our very own private car park at the rear of the clinic building. There is also ample parking on adjacent side streets and there are numerous free car parking locations within Didsbury village, all within easy walking distance to the clinic.

What do I need to wear and bring to the clinic?

We advise that you attend with suitable clothing to allow a full assessment or treatment to take place for a physiotherapy or massage appointment (e.g. vest tops and shorts). However, we do have gowns available if required. Our Sports Podiatry team request that you bring a pair of shorts and any running or sports shoes that you wear whilst participating in your sports and leisure activities to assist with the assessment.

What do I need to bring to my Podiatry/ Biomechanical assessment?

We kindly ask you to bring along a pair of shorts, your running/sports shoes and any old insoles/ orthotics that you may have been given in the past. You may be asked to run for a short distance on our treadmill to allow a full biomechanical assessment of your running gait and motion.

Do you do home visits?

We provide a Mobile Physiotherapy and Massage service to assist with the management of all injury problems within people's own homes, work-places, nursing and residential care homes. Such visits can be arranged upon request.

Do you do occupational health work for companies at their workplaces?

Yes, we do provide workforce physiotherapy and massage to companies across Manchester on request. Many businesses request weekly visits to keep employee's injury free and to eradicate neck and low back pain. Such input is beneficial for those who spend long hours on a computer or who conduct repetitive and heavy manual handling on a daily basis.

What are your opening times and do you work weekends?

Our clinic opening hours remain flexible to suit the needs of all clients. Our usual opening times are from 7am-9pm (Mon-Fri) and 8am-6pm (flexible) at weekends as required. Our clinic mobile phone is available at all times in cases of emergencies and for any urgent bookings that you require or queries that you may have.



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