

Active Body Clinic Ltd

07825379656

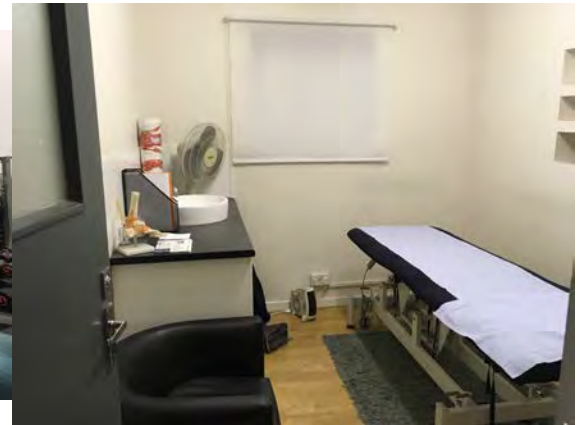
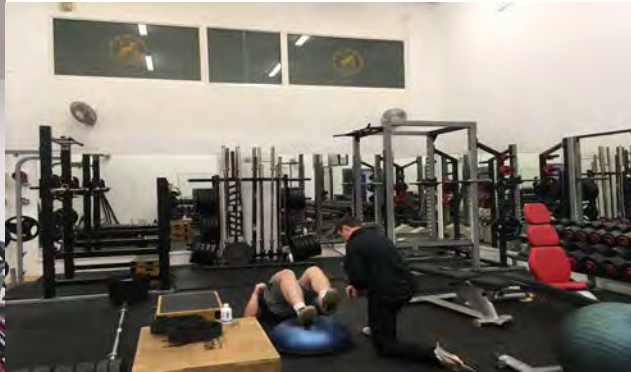


HRFC Junior Rugby Clinic Offer

Treatment and Rehabilitation Facilities

Injury Rehabilitation Space with all equipment needed to facilitate comprehensive sports specific rehab for players of all ages.

Treatment Rooms for any hands on treatment required to resolve injury and enable a quick but permanent return to sport



Junior Section Discount Rate

- Reduced price sessions with experienced sports specialist practitioners
- Your players/athletes will be given priority booking on appointments so they are seen as quickly as possible
- They will be given specialist rehabilitation programs to ensure fastest possible return to sport while aiming to prevent re-injury.

30 minute appointments for only £25



All clinic physios and sports therapists have experience working or competing within professional or semi-professional sport. They are all currently involved in rugby injury management and rehabilitation

Practitioners at HRFC Rugby Clinic



Rugby Clinic Practitioners



At the Active Body Rugby Injury Clinic all practitioners have experience within professional or semi-professional rugby. Rugby injury requires prompt, accurate diagnosis and elite quality rugby specific rehabilitation. We also have good connections with top orthopaedic surgeons working in high level sport.

Charlotte Voss Clinic director at Active Body with 13 years experience in rugby. Currently head of medical at Herford RFC and has worked with elite sevens and the Herts county side. Specialist interests are shoulder and knee injuries and she has guest lectured at Herts Uni on rehabilitation and shoulder manual therapy.



Rob has a MSc in sports therapy and has been working with Hertford RFC for several years alongside running the sports rehabilitation at Haileybury. He has worked in football with Brentford Academy. He is a keen cricketer and areas of interest are knee and ankle injury.

Rob Sibley



Luke Ellis



Luke is a physiotherapist with a special interest in Sports Injuries. He also works at Chase Farm Hospital. He plays hooker for Hertford RFC 1st team. His areas of interest include biomechanical analysis for injury prevention and neuromuscular injury.

Sophie Storrow



Following a year working with Cardiff Blues Sophie graduated with a 1st class BSc (Hons) isports therapy. She has also worked with Cardiff RFC, Wales women's hockey and the All Blacks RU, South Africa RU and Australia women's cricket through Offical Sports Services.



Jordan Harris

Head Therapist at OAs RFC, Oaklands College Rugby and Nomads elite 7s team. A keen sportsman with a special interest in lower limb injury and gait correction in order to prevent injury and optimise rehabilitation.

Active Body Clinic Ltd



Rugby Injury Clinic
at Hertford RFC



Injury Assessment and Treatment



Rugby Specific Rehab

Biomechanical Screening for Injury Prevention



Head Injury Baseline testing

To Book Call:

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Discounted Rates available for Hertford RFC members

