

TESTIMONIALS

"I became aware of a constant - and getting worse - pain in my shoulder. I estimate that I had the condition for about two years and the pain was now chronic, and a lot of simple daily activities were unpleasant. Worse, the biggest impact was at night and was a constant source of interrupted sleep. Exhaustion and frustration ruled. Finally, after doing some research on my condition I decided that I was in bad need of physio. During this research I came across the clinic in whose information pack I recognised the injury and I had - and more importantly - that despite the length of time I had ignored the injury in the hope that it would "go away", it could in fact be cured by physio. Overtime I noticed that the physio sessions were beginning to have results:

A little less pain after each couple of sessions -
Greater and improving movement span in my shoulder-
And most important, improved sleep.

I find Anthony most helpful and accommodating and prepared to answer any questions, which the patient might have in relation to his/her condition. As a consequence I would have no hesitation in recommending him to anyone in need of physio."

Mr. Tom Barron,
Corbally, Limerick.

"My life had become restricted in many ways. I was dealing in severe pain in my joints and my upper and lower back. After my first visit to the clinic I could feel that my joints were much freer. It was wonderful being able to enjoy projects again and it was great not having pain in my life. Anthony is a great physical therapist. He listens to his patients and treats them with respect, caring and kindness. I am so glad to have found Anthony and his clinic."

Ms. Nuala Flannery,
Castletroy, Limerick.

"Before meeting Anthony I had had two years of back problems, often unable to walk or stand for more than an hour without the aid of painkillers or some kind of physical support. I was 43 and at times felt like I was 70. I had always been very active and worst of all was the feeling that this was my future. I had tried everything and everybody possible, from GPs, to Physiotherapists, more exercise, less exercise and everything in between. After a particularly bad few weeks, I walked in to Anthony's clinic unable to stand straight, with my right side completely collapsed over. I walked out of his clinic upright. After six sessions, at times and days that suited me and without needing to take time off work, I was pain free. I have not looked back.

Any time I had an issue, Anthony saw me immediately but he worked with me over a period of time and slowly reversed all the damage I had done over the years. I have seen him for 'maintenance' as there is no way I am going back to where I came from. Not everyone takes this approach but I really recommend it.

Now I can walk all day, every day if I want to, with no pain. I don't even give it a second thought. And, for the times I go too far and do something silly, when I do need him, he is always there.

The biggest thing for me, in addition to the treatment, is Anthony's accessibility. He understands that when you are in pain, waiting for an appointment can mean putting your life on hold, which none of us like to do. This, in addition to his evening appointments, really sets him apart. Over the years many friends and family have also used Anthony and all have similar results.

Ms. Jacque Doyle,
Meelick, Co. Clare.

MR. ANTHONY PHELAN
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Designed & Printed at Swift Print.
www.swift-print.ie



On behalf of myself and the staff, I'd like to welcome you to our new physio practice Advance Physio. We are located in The Cove Centre on the Dunmore Road in Waterford City. We specialise in the treatment of back pain, and if you have trouble in other areas of your body, and need help, then we certainly won't turn you away.

After being away from Waterford for over 20 years, I'm delighted to have the opportunity to return and set up the new practice in my hometown. In this brochure, I've also included some testimonials from patients from my previous practice. These were patients who were suffering from pains and injuries, and I was fortunate to be able to work with them and help them. I'm truly privileged to work in a profession that allows me to work with patients, and help them in such a manner.

Our new practice is now open, and if you feel at any point that we can help you, please call us on (051)844471 to book your appointment. Or you can always drop in when you're passing. We would be delighted to welcome you in person to our new practice.

Yours faithfully,
Mr. Anthony Phelan
MSc BSc(Hons) COMT



PERSONAL PROFILE

MR. ANTHONY PHELAN

MSc BSc(Hons) COMT

Anthony Phelan is a native of Waterford and is a Registered Physical Therapist. He completed a Degree in Sports Therapy in Teesside University and a Master's Degree in Orthopaedic Medicine in Bournemouth University in the UK.

He subsequently travelled to the USA, and after completing his training in Brooklyn Hospital in New York City, and the Swedish Covenant Hospital in Chicago, Illinois, he was awarded the professional designation Certified Orthopaedic Manual Therapist by the American Physical Therapy Association. He has over 15 years practice experience.

He is an accredited High Court provider for expert medical witness testimony and medico-legal reports in personal injury litigation cases. He has partnered with a number of law firms for the provision of these High Court services.

He is a past winner of the Ulster Bank Small Enterprise Development Award, and a National Finalist of the Enterprise Ireland (formerly Forbairt) New Enterprise Award.

Anthony is a past pupil of St. Declan's N.S. and De La Salle College. He is a son of the late Tom and Breda Phelan, formerly of Phelan's Butchers, George's Street, Waterford and also of Ballyshunock, Kilmacthomas, Co. Waterford.

Anthony looks forward to welcoming you all to his new practice Advance Physio on the Dunmore Road in Waterford City.



TESTIMONIALS

"I visited Anthony after trying and being disappointed by many other practitioners. I was truly 100% satisfied with the outcome. Back pain was completely gone. Anthony himself is a gentleman, easy going and puts you straight at ease. Comfortable clinic too."

Mr. Mark McGarry,
Old Cratloe Road, Limerick.

"A back sprain was diagnosed as "muscular" and a medical prescription for a pain treatment cream had limited effect as it became evident that a serious disability was developing further – spasms of severe pain became more frequent and less predictable and normal movement of waist and thighs became increasingly inflexible and painful. Severe and painful muscular spasms occurred when sitting down or getting up, even when stepping up or down at road crossings. Even getting out of bed was painful.

My age (75 years) was obviously a very significant factor and I was very worried that I might not be curable from what had become a very significant handicap. The first glimmer of understanding was provided to me when reading the very well-presented and specific information given on the clinic website.

I soon was made aware that my delay in obtaining appropriate treatment had led from a simple dislocation of a hip bone to a significant displacement of my spinal column and the other hip as well. Treatment and a programme of special exercises 3-times daily gradually began to ease the discomfort and encourage me to hope to resume a normal lifestyle. My impatience caused me to have several relapses which Mr Phelan kindly and sympathetically explained to me as quite normal and the good treatment again continued, had good effect over a few months' time.

A lot of patience and very good and clear professional understanding finally has produced excellent restoration of normal ability to function, for which I am very indebted to Mr Anthony Phelan. 75 years old, I was potentially crippled for life 3 months ago. Now, I feel many years younger and go to the gym 4 times a week and walk freely, have been able to resume writing my life story on my computer now that I can sit for more than half-an-hour at a time without pain!

Without the calm perseverance and professional understanding and clear guidance provided in good measure by Anthony, such an incredibly positive outcome could not ever have been possible!"

Mr. Michael White,
Corbally, Limerick.

"A few months ago I attended Anthony with a number of injuries that had been troubling me for sometime. After a consultation, Anthony explained to me what the likely causes were. He treated me from that point, and within a very short time, I started to feel results in my back and neck that I knew were going to improve my everyday life. I had previously attended many physios and tried numerous other treatments that initially claimed to be the answer to all my problems, but after much money spent and lots of my valuable time wasted, I did not see any tangible results. I was beginning to feel that there was no possibility of improving on the situation until I started my treatment with Anthony. I have since made huge progress, and Anthony's very reasonable pricing and friendly and professional manner means that I will not hesitate to recommend him with the highest possible confidence into the future. Thanks Anthony for the great results!"

Mr. Keith O'Donoghue,
Lisnagry, Co. Limerick.

TESTIMONIALS

"Just a note to say thanks for making my back so good again. As you know the back pain was killing me. Also, my golf handicap has gone down!"

Ms. Marie Hogan,
Ennis Road, Limerick.

"I struggled for a long time with knee pain and had almost resigned to living with it. I also suffered from pains in my feet. Anthony identified the problem and treated me accordingly. I haven't felt this good in years and am so thankful to him for his great work. I did the Camino walk a few months ago without an ache or a pain. I can hardly believe it! Anthony is professional and very committed and I would recommend him to anyone requiring treatment."

Ms. Eileen Treacy,
Raheen, Limerick.

