



They have found that the most effective way of conservatively correcting the spine and posture is through a combination of specific exercises, spinal adjustments and spinal remodelling traction. Align 4 Life have answers to helping you achieve better movement, better posture and a better life. In addition, they also give coaching on eating, moving and thinking well. This ensures their clients have all the knowledge and tools to implement a holistic approach and achieve their optimal health potential.

With the aid of state-of-the-art technology including digital X-Rays, brain and nervous system assessments, a computer-generated posture analysis and more than 15 years of clinical experience, Align 4 Life can determine the root cause of a problem and customise a corrective care program to suit the individual's needs.



Some of the common problems they can help with include:

Back and neck pain, sciatica, numbness, pain or tingling in arms/legs, shoulder problems, hip/knee and groin pain, headaches and many stress related disorders.

A full assessment including EEG brain analysis, heart rate variability test and X-rays (if necessary) is £99 for Peel Golf Club members.

For a consultation or appointment contact them today or visit their website for more in depth information.



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