



Bronwen Kendall Physiotherapist

Integrative Bodywork
Manual Therapy for all Systems

Bronwen draws on more than 25 years experience to help you move better, feel more comfortable in your body and get on with your life. She uses hands-on treatments to restore normal movement to all restricted areas that are affecting how you move and feel, not only your muscles and joints. Bronwen's approach treats your body as a whole integrated system.



Typically when people seek help with muscle or joint problems, attention is focused on the muscles and joints. But consider the movement of your internal organ, nerve and circulation systems that accompany your normal comfortable movement.

Notice how you are aware of your muscles and joints ("soma"), and unaware of your internal organs ("viscera") — it's the way your body is wired. Your exterior and interior (whether you are conscious of it or not) are connected, communicate with each other, and are affected by injury and strain. Treating all moving parts and how they affect your freedom of movement can improve the results of your treatment. It is my task to be detective, and to find the complete patterns of strain affecting how freely you move.

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Bronwen can help with

- **acute or chronic musculoskeletal pain and injury:** any and all body areas including head neck and jaw (TMJ), spine pelvis and tailbone, hips knees and feet, shoulders elbows and hands.
- **an approach to treatment that is more integrated with your whole body**
- **improving performance capacity in your sport or work** e.g. swimming, running, climbing, functional training
- **getting more out of your chosen physical pursuit** e.g. yoga, pilates, gym, singing, gardening, tai chi
- **easing tension in post-operative adhesions**

Treatment aims to restore normal movement to all restricted areas that are affecting how you move and feel.

Assessments and treatments are gentle, precise and individualised. Treatment is directed to the specific areas affecting your posture and movement — be it your internal organs (Visceral Manipulation), nerves and nervous system (Neural Manipulation, Craniosacral Therapy, Brain work), or circulation (Vascular Manipulation, Lymphatic Drainage Therapy). When working with your muscles and joints, (Manual Articular Approach) their circulation, nerve supply and their interplay with internal organs is integrated into treatment.

Be in touch with Bronwen for individualised, integrated hands on treatment that does not just follow the symptoms but instead aims to get to the heart of the matter.

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