

Client Experience

Jess Telford outlines her experience and need surgery to fix a knee injury

As someone who has always been heavily involved and competitive in various sports, the news that I had ruptured my ACL last June was pretty hard to swallow.



My consultant recommended that I get in touch with **5 Valleys Physio** as soon as possible, so taking this literally, I rang on the way home and immediately booked my first appointment with Geoff. From the first session, Geoff helped me make a plan of achievable goals for both pre- and post- surgery, and I felt massively understood as a fellow athlete and much more at ease.

The physio and advice I received enabled me to focus and hugely enjoy maintaining all round strength as well as rehabbing my knee. By September, I was back swimming with the High-Performance Swimming Team at the University of Birmingham, training in the pool and the gym as well as running.

I have since returned to racing and am back on a horse. I have swam numerous personal best times, English winter and summer championship qualifying times, British Championship times and swam in multiple BUCS finals.

I am so thankful for the support that I received from Geoff and his team at 5 Valleys Physio, I certainly wouldn't have had the year I did... or the knee I have (!) without them.



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