

# London resources for sesamoiditis

@bel\_bites



## PHYSIOTHERAPY

- ASH BUTHANI, OMPHYSIO (PAIN SPECIALIST)  
OMPHYSIO.COM
- ALEX MANOS  
PHYSIOREMEDIES.COM
- RETHA WELDING  
SE1PHYSIO.COM

## PILATES

- NADINE MCCANN  
NADINEMCCANNWELLNESS.COM  
@NADINE\_PILATES

## RUNNING FORM AND GAIT ANALYSIS

- RUNNING SCHOOL  
RUNningsCHOOL.CO.UK

## ACCESSORIES

- HOKA ONE ONE  
HOKAONEONE.COM
- GELPACKS DIRECT  
GELPACKSDIRECT.CO.UK