

Let's change it from today, consciousness and body!

If you think "I wonder if I can do something about it...", please consult our shop. Let's change our consciousness and body! Let's make it not an ad hoc relaxation, but a body that is less likely to cause pain and stiffness. Things that you almost gave up, such as back pain, poor posture, pain, stiffness, lifestyle-related diseases, diet, etc., will surely change. What are the problems, what can be done, and what should I be aware of?

Through body evaluation, treatment, exercise guidance, etc., consciousness and body can return from today! Please feel free to contact us.

Pain Care: It hurts, but on the picture No problem and no breakthrough I want to be easy I

want to reduce painkillers: Taking painkillers What year. I am also worried about side effects, so I want to help myself

Postoperative care: Postoperative deterioration of posture, pain, difficulty in movement

I want to be soothing

Prenatal and postpartum care: Stiff shoulders and lower back pain. Pelvic floor problems

I want to feel safe Menopausal care: Stiff shoulders and lower back pain. Pelvic floor problems. I

want to feel safe Headache Care

Chronic headache: I want to be screeching

Stiff neck care : Chronic stiff neck I want to be refreshed

Joint Pain Care: Joint pain in the hands and feet I want to be crispy

Posture distortion: Stooped back, O-legged, smartphone neck

I want to be refreshed

Testimonials from Google Maps reviews (Physiotherapy)

- He listened carefully and carefully explained and treated me.
- Thanks to Physio, I was able to face my own body.
- I became aware that pain can be cured by myself
- Advice on improving the cause of pain and preventing it was also accurate.
- Although it is expensive compared to manipulative, I felt the value of going with detailed evaluation and gentle treatment
- Familiar with rehabilitation of people with disabilities and safe
- He confirmed the state of the muscles with an echo and explained carefully

Image of Physio and other stores (Training)

Voices from Google Maps (Physical Training)

- Teachers are polite and kind

Training is not just a way to lose weight, but a shortcut to lose weight beautifully

- I did not have the confidence to continue by myself, and I hated muscle training that just tires
- I was able to improve while checking the distortion of the body etc.
- I feel that every day changes when my body is in order.
- I want to train one-on-one and enjoy at my own pace, and create a fun and beautiful body.

Solid experience and achievements in social contribution to be active in the medical field

As of 2022, our representative is a therapist and trainer with solid experience and track record, such as a director of the Japan Society for Orthopedic Medicine, a part-time lecturer at the Shiga Medical University Interdisciplinary Pain Treatment Center, a director of the Shiga Prefecture Nordic Walk Federation, a representative employee of PROWELL LLC, a symposist at the 1st Japan Fascia Conference, and a medical paper (case report) submission. Utilizing the experience we have cultivated so far, we provide comprehensive physical conditioning and training that is different from medical care, insole production, Nordic walk (pole walking), etc. We aim to improve symptoms such as chronic stiff shoulders and lower back pain, improve posture, improve health, and prevent disability.

The far right of the middle row is Tsujimura, the representative of Physics, from the poster of the 2021 Japan Fascia Conference. We reported on our knowledge and experience of exercise therapy (including manual therapy) as of 2021.

With various "visualization" mechanisms Changing and preventing consciousness and body

We have equipment for objectively visualizing the body and posture, such as an in-body body composition meter, an AI posture analysis system from the University of Tokyo, and ultrasonic echo.

We would like you to visualize as much as possible the parts of your posture that are bad or have improved, the difference in muscle mass, body fat, bone mass, and other body composition, and raise your health condition and awareness of posture.

Regardless of age, it is also used in research institutes because it displays the body composition as it is. An AI posture analysis system from the University of Tokyo Venture to visualize current and future postures. We will advise you on what you need to do so as not to be in a future posture.

Of course, we will also explain the physical evaluation from the viewpoint of a physical therapist in terms that are as visible or easy to understand as possible.

We will explain what is wrong with you and why it is so as convincing as possible, and we will provide treatment and exercise guidance.

Responding to Diverse Needs

We will carefully approach your physical condition and needs, such as stiff shoulders, headache, back pain, joint pain, scoliosis, postpartum care, posture improvement, personal training for diet purposes, insole making, etc! As a board member of an academic organization in Facia, I can provide professional advice and guidance on trends such as self-care guidance using Somacept (https://www.nhk.or.jp/kenko/atc_1365.html) aired on NHK Toyo Medicine's Power, and "Fascia" waist and knee pain countermeasures, which are the new normal in body maintenance broadcast on NHK Asaichi. <https://www.nhk.jp/p/asaichi/ts/KV93JMQR8/episode/te/M72YY94NM2/>

Message

We founded PHYSIO in 2006. Since 2013, I have been in charge of pain specialized rehabilitation outpatient care at the Interdisciplinary Pain Treatment Center of Shiga Medical University Hospital. This center is a pain center that was established ahead of the rest of Japan and is one of the base hospitals of the Ministry of Health, Labour and Welfare's "Chronic Pain Countermeasures Research Project". I have experience in various specialized treatments, mainly for people with intractable problems of the neck and lumbar region. In addition, he is a director of the Japan Society for Orthopedic Medicine, and is involved in the education, clinical practice, and research of fascia (including fascia). Taking advantage of such experience, we will also give you guidance on Cerf exercise and advice on daily life from all angles.

physiotherapist

trainer

Insole Fabrication Technician

Director, Japan Society for Orthopedic Medicine

Shiga Prefectural Nordic Walk Federation Director, Certified Instructor

Health and Productivity Management Expert Advisor

(Former) PHI Pilates Instructor

With such diverse experiences, I will accurately support your needs such as improving your health and symptoms.

Inquiries

Inquiries are available on the official LINE, inquiry form, or by phone. Telephone calls may be answering mail. If you leave your name behind, I will hang it again. (No sales calls)

0749-65-7349

Reception hours: 9: 00 ~ 13: 00 15: 00 -19: 00

(Sat: 9:00-15:00 Closed on public holidays, closed on out-of-office days)

* After-hours correspondence requires consultation

tion and joint pain, and provide treatment and training.

- We provide treatments and training to those who wish to provide conditioning that prevents and improves pain and discomfort around the pelvis before and after childbirth.
- For those who have urine leakage after menopause, we will consider the program and provide treatment and training so that the worries are reduced.

Most of our customers consult with Google Maps and other reviews as references.

Good listener

I was born in 1976. From the experience of major diseases, I have more than 20 years of clinical experience as a physical therapist and more than 15 years of experience and achievements as a trainer. I myself have also had painful experiences such as illness, pain, and worries.

We listen carefully to physical problems and lead to appropriate body evaluation and treatment. It is said that he has a kind and easy to talk to.

Convincing explanation

Have you ever received passive treatment without being explained the cause of your symptoms or understanding what you are doing?

What I am always conscious of, like a pain detective, is to analyze the functional aspects of what is happening to the body and to communicate it firmly.

And to suggest what we need to do from now on to get better than we are now.

In addition, we accurately check muscle mass and bone mass by in-body (body composition) measurement, and introduce AI posture analysis to visualize posture.

No deviation to the person in charge

When you go to a facility where multiple therapists belong, do you ever know who will be in charge or have the teacher you are looking for not be in charge?

Even in facilities with many staff, it is not uncommon for inexperienced staff to make up the majority.

On the other hand, at Physio, I will always be in charge!

This point is supported by customers who say, "If something happens, I will consult with Mr. Physio first."

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