

# APOS Treatment

## Sheila's Story



*“The biggest gift that APOS has given me are nights free of pain and pain-killers.”*

Sheila has been treated by APOS abroad. APOS is now exclusively available for the first time in the UK at the Bupa Wellness Centres in Solihull and Reading.

*My name is Sheila Wilensky and I am 61 years old.*

*I started using the APOS treatment before it was available in the UK and I just wanted to tell you how much the treatment has improved the quality of my life during the past year. Six months ago, when I came for the initial examination at my local APOS centre, I was having knee pains when going up and down steps, I was very stiff when I stood up after I had been sitting down for an hour (driving, working at the computer, eating, etc...) and I was beginning to feel pain in both hip joints.*

*The worst part of my problems, however, was reserved for night time: I had excruciating pains in the shins of both legs when lying down that continued all night. All of the above began improving within a month of beginning the APOS treatment.*

*Now I am almost completely symptom-free.*

*Sometimes, when I get out of the car after driving for an hour or more, I have a second of stiffness or short-lived sensation that serves to remind me just how much I have improved. I have no hip pains at all and can handle steps with no pain. The biggest gift that APOS has given me, however, are nights free of pain and pain-killers, all leading to a good night's sleep!*

*Also, I want to add for the benefit of future patients how easy the treatment is. I surprised myself and my family by doing whatever the clinicians told me to do, using my APOS Walkrights every day.*

# APOS Treatment

---

## Innovative medical technology for the treatment of knee, back, hip and ankle problems

- Proven success for many patients in reducing pain and improving function
- Easy to use and fits in with your lifestyle
- Safe and can help reduce your need for painkillers
- Keeps you active for long term wellness

### Seeking a better way to stop the pain?

APOS non-surgical medical treatment can reduce your pain and restore your function, simply by walking. The personalised, patented, APOS Walkright™ system does the work, with minimal impact on your daily routine and a very high rate of success to date.

Find out more at [www.apostreatment.co.uk](http://www.apostreatment.co.uk)

APOS treatment is approved by Bupa where it is believed the patient will benefit from this new form of treatment - with the aim of helping to reduce pain and improve function, as well as helping to avoid surgery.

Assessment and initial consultation free. Call today on 0845 600 3748\*



\*Calls may be monitored and recorded. Lines are open Monday to Sunday 08:00-20:00. BT landline calls to 0845 numbers will cost no more than 3.95 pence per minute. Charges from other providers may vary and calls from mobiles usually cost more. Bupa Health Assessments and Wellness Programmes are provided through Bupa Occupational Health Ltd. Registered in England and Wales no. 631336. Registered office, Bupa House, 15-19 Bloomsbury Way, London WC1A 2BA. ©Bupa 2008. Bupa and the heartbeat symbol are trademarks of The British United Provident Association Limited. APOS, Walkrights and Pertupods are trademarks of APOS – Medical and Sports Technologies Ltd.