



**“Now I have less
knee pain, I can play
in the park with my
grandchildren”**

APOS Treatment is a breakthrough non-surgical treatment that can help people with knee and lower back conditions, available for the first time in the UK at Bupa Wellness Centres.

**Free initial
consultation**

Delivered by



Christine, 62, is a proud grandmother who is kept on her toes by her two young grandchildren. Being able to enjoy an active life is something that Christine really relishes, especially as until recently, her knee and back condition had kept her confined to her home.

Christine's back pain started about six years ago. As the condition worsened, the pain slowly spread to her knees and became so bad that even walking became difficult. Her debilitation also had a significant psychological impact: *"I never went out and was very inactive. I could barely sleep and this affected me immensely emotionally."*

She tried all the treatments available to her in the hope that one might provide a solution. She even had arthroscopies on both knees

but nothing alleviated the discomfort: *"I tried everything under the sun. The only option left seemed to be knee replacements but there were no guarantees. So I resigned myself to the fact I might need a wheelchair."*

She came across APOS by chance and despite having little hope, she booked in for the free consultation. Christine found out she was suitable for treatment and hasn't looked back since. *"I can't believe the difference APOS has made, that's why I wanted to share my story with others who might be feeling as down as I did then. I can now walk without pain, play in the park with my grandchildren who I now look after full-time - and last weekend I even helped my husband decorate the house!"*

The APOS Treatment

Dr Peter Mace of Bupa Wellness, explains what's involved: "It works on two simple principles: realigning the body as it walks and stimulating the muscles and systems that control the joints. A six month programme of care is customised for each individual by certified APOS Treatment Clinicians.

"The beauty of APOS, is its simplicity. It's non-surgical, lifestyle-friendly and low risk. It only takes 30 minutes a day and can be completed at home or in the office, which means it fits easily into everyday life and has a high success rate."

To find out if **APOS** is appropriate for you and to book your **free consultation** call us on **0845 600 3748** or visit **apostreatment.co.uk**

Bupa private health cover members may be eligible for treatment through their cover.

