

# Welcome to Hatt's

KEEPING YOU MOVING AND ACTIVE

**HATT**  
**HEALTH & CLINIC**  
**MOVEMENT**

# Welcome to Hatt's

Helping you to keep moving and stay active throughout your life.

At Hatt's we are passionate about your health, how your body moves, and understanding how we can help you make improvements that give you the best foundation for a full and active life.

Your body needs to cope with the demands of everyday living, of intermittent problems and injuries, and still be maintained and healthy for the future. Like any efficient machine the more time and effort you spend maintaining it, the better it will run.

At Hatt's we will inspire you to prioritise your health, encourage you to move more and make time to take care of your body. Our team are specialists in what they do so are best placed to support you, whether you are recovering from injury, looking to improve your overall movement or meet your exercise goals.

You'll benefit from the most effective treatment, rehabilitation and exercise therapy to prevent recurring problems and maximise your body's capabilities.

We won't compromise on your health, so we promise to always offer you the very best to help reach your goals, get you back to doing the things you love and to be the best version of you.



**HATT**  
**HEALTH & CLINIC**  
**MOVEMENT**

**We're passionate about**

OUR TEAM

| OUR PATIENTS

| HEALTH & WELLBEING

| GOLD STANDARD SERVICE

| GIVING BACK

# HATT

## Physio and Sports Therapy

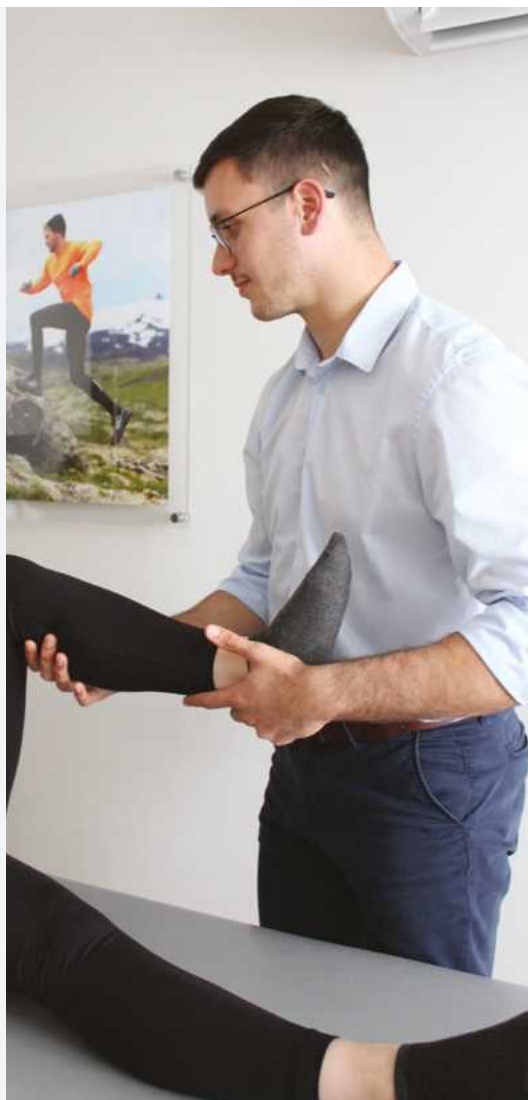
### Relieve pain fast and get moving again.

Whether you need to recover from injury, reduce pain, get moving again or improve your performance, we'll help you get there.

We'll start by understanding what's causing your pain. We'll learn about you, your lifestyle and how your injury or problem is holding you back from doing the things you love.

Using the latest treatment techniques and analysis tools, combined with our clinical expertise, you'll get a clear diagnosis and a treatment plan tailored to your goals.

Throughout your treatment, you'll work with a positive and inspiring team who are specialists in their field. We'll personalise your treatment programme to correct movement patterns, address weaknesses to make you stronger and reduce the risk of injuries recurring.



### Why choose us?

- ✓ Work with a team of highly-qualified experts
- ✓ Get the best possible results with your personalised treatment plan
- ✓ Clear focus on your goals, with the expertise to get you back to doing what you love
- ✓ Access state-of-the-art facilities and the latest technologies
- ✓ Perfect balance of hands on treatment and exercise therapy to optimise results
- ✓ Access a wider team of specialists who can also support your recovery

# HATT

## Rehab

### Our Rehab programmes are the perfect way to restore your movement.

Rehab is designed to help you build strength, stability and control alongside correcting any underlying movement patterns that may have caused or aggravated an injury.

Your first Rehab session will be a one to one with your instructor to understand

your individual needs, develop a bespoke exercise programme and get you started.

After this, you'll join a class environment and receive close individual attention to guide you through your exercises and help you progress through your programme.

### Your Rehab classes

- ✓ Build strength and control
- ✓ Increase flexibility and mobility
- ✓ Recover from injury and reduce the risk of re-occurrence
- ✓ Bespoke programmes tailored to your individual needs (including pre and post operation rehab)
- ✓ Gain confidence in your ability to do activities you love without pain



“Doing Rehab at Hatt's was easily the best decision I've made for both my injury and my future self. I am now pain free and feeling confident to do the activities I love which wouldn't have been possible without the enduring support from the Hatt team.”



## HATT Podiatry

Your feet will cover 110,000 miles within your lifetime – that's five times around the earth. So it's important you give them the care they deserve.

We can all take our feet for granted but when problems creep in, getting around can be quite a challenge. Our experienced Podiatry team will give your feet the care and attention they deserve. Whether you need treatment for a specific condition or just want your feet to look and feel great, we provide a total foot care approach every time you visit, including a full assessment and a bespoke treatment plan.



“My feet felt like new! A superb treatment, excellent patient service and experience.”



### Our podiatry team will:

- ✓ Take care of all your foot care needs
- ✓ Help you maintain healthy skin and nails
- ✓ Treat and prevent verruca, fungal nail and ingrowing toenails using the latest technology such as Swift & Clearanail
- ✓ Care for diabetic and arthritic feet
- ✓ Treat your feet with a Medi Pedi

## HATT Gait Analysis

### Understanding how your body moves

Gait analysis looks at the way you stand, walk and run to identify any abnormalities in your legs and feet.

It's a vital tool that can help us find the root cause of your pain if you're suffering from a lower limb condition or injury and spot any potential issues.

It's also a great way to identify any weaknesses or imbalances in your legs and feet that may be affecting the way your body moves.

At your Gait Analysis, we'll learn more about you, your lifestyle, and what your pain is holding you back from doing. Then we'll develop a bespoke treatment plan to help you overcome any challenges.

“I came to Hatt's for foot and knee pain. Wow! I wish I had made an appointment sooner.”

### Using gait analysis, we can:

- ✓ Treat conditions such as plantar fasciitis, shin splints and flat feet
- ✓ Maximise your foot function with bespoke orthotics
- ✓ Reduce pain and discomfort when you're exercising
- ✓ Reduce the risk of injury
- ✓ Help you improve your performance when exercising



# HATT

## Massage & Manual Therapy



### Our Manual Therapists help to:

- ✓ Increase flexibility and range of movement
- ✓ Reduce stress and tension in the body
- ✓ Improve posture
- ✓ Relieve muscle tension and tightness
- ✓ Recover from injury faster

### Our Manual Therapists help to manage and relieve any pain, tension, or stiffness that you are experiencing in your body.

Your Manual Therapy sessions will be centered around your individual needs.

Whether you're in pain, restricted for movement, recovering from injury, or looking to enhance your performance when exercising.

We'll use a variety of techniques to get your body moving freely and without pain.

“Many thanks for my massage and sorting the tightness in my back. I can't praise you enough. On top of that you made me feel right at ease. I will be back!”

# HATT

## Pilates

### Pilates is a great way to keep fit and build resistance to injury.

As a Hatt Pilates member, you'll benefit from a combination of matwork and reformer Pilates classes to improve your core strength and flexibility, develop your posture and leave you feeling invigorated.

All our classes are small groups providing you with close individual attention to help you progress at your own pace.

As a Pilates member at Hatt's you'll benefit from an in-clinic class per week plus a range of online classes and tutorials to help Pilates become part of your lifestyle.

### Pilates Membership

- ✓ Choose between a fixed or flexible class time each week in our studio
- ✓ Get personal attention from your instructor with small group classes
- ✓ Join us on Zoom for live online classes each week
- ✓ Access a suite of pre-recorded classes for you to enjoy anytime and anywhere

“Fantastic 1:1 – very thorough and extremely professional as well as being fun. Looking forward to my Pilates journey in the studio.”



# HATT

## Strength & Movement

**Our Strength & Conditioning programmes are the perfect way to improve your physical fitness.**

Whether you're looking to keep fit and healthy, run a marathon or improve your golf swing, our Strength and Movement classes are the perfect way to achieve your goals.

In each Strength & Movement class, you'll get all the physical training, guidance, support and motivation you need, whilst having the confidence to challenge yourself in a safe environment.

We'll design a bespoke programme based on your individual goals and teach you the correct exercise techniques for maximum benefit.

### How can Strength & Movement help you?

- ✓ Accessible for people of all levels of fitness
- ✓ Improve your strength and overall fitness
- ✓ Reduce your risk of injury
- ✓ Close individual attention with small class sizes
- ✓ Exercise in a safe environment with a highly skilled and knowledgeable trainer
- ✓ Achieve something you never thought you could

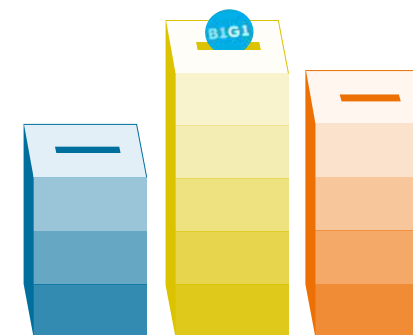


Everyone at Hatt's is committed to working together to make a positive and inspiring difference to as many people as possible.

With your support, we are able to do that by giving back to our community, both locally and further afield.

We are proud to be able to support many local events, aspiring athletes and disadvantaged families and have also partnered up with a fantastic initiative called Buy1Give1 so that our giving can reach other countries that are in great need too.

Every time you attend an appointment with us, we make a positive impact on someone else's life, so thank you for helping us make a difference.



**Each time you visit the clinic you'll get to choose which projects you'd like us to support.**

**HATT  
HEALTH & CLINIC  
MOVEMENT**

Thank you for choosing us to take care of your health and wellbeing needs. It's a privilege to be able to support you to live a more active and mobile life.

*The Hatt Team*

Our Mission is to inspire  
and motivate you to  
prioritise your body's  
health, helping to keep  
you moving and active  
throughout your life.

#### **Devizes**

Couch Lane  
SN10 1EB

**01380 730473**

#### **Marlborough**

Hughenden Yard  
SN8 1LT

**01672 516580**

#### **Frome**

Wallbridge  
BA11 5JX

**01373 452604**

 [enquiries@hattclinic.co.uk](mailto:enquiries@hattclinic.co.uk)

 [www.hattclinic.co.uk](http://www.hattclinic.co.uk)



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