

Renowned Physiotherapist Gordon Bosworth Shares Profound Insights in New Book "Why Does It Hurt?"

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April 11, 2024 - Gordon Bosworth, an esteemed figure in Elite Sport Physiotherapy, unveils the intricate language of the body's protest in his latest book, "Why Does It Hurt." With more than four decades of expertise, Bosworth takes readers on a journey that blends personal anecdotes with professional insights to demystify the complexities of pain and injury.

In "Why Does It Hurt," Bosworth presents physiotherapy as akin to detective work, where every ache and twinge provides clues to the deeper narrative within our neuromusculoskeletal system. The book serves as a guiding light for patients seeking understanding and practitioners aiming to elevate their craft.

Bosworth challenges the notion of hurried recoveries in today's world, advocating for a deeper connection with our bodies and emphasising that healing is a nuanced journey. His career spanning military service, Olympic teams, and professional sports converge in the Bosworth Clinic, showcasing his commitment to reshaping injury management paradigms.

Here is just a sampling of what professional athletes and other medical professionals have said about Gordon Bosworth and the Bosworth Clinic:

"I'm grateful for Gordon's support and would recommend him to all who desire to understand the body and optimise it for performance," says Eugene Amo-Dadzie, Team GB 100m sprinter.

"Having worked in football for almost 40 years, I have never met anyone more knowledgeable and capable," adds Eric Black, ex-professional footballer, coach, and manager.

Julie Emery-Priest, Justice of the Peace, praises the book as "the work of an experienced genius whose approach makes him one of Britain's most sought-after physiotherapists."

"I can't be any more grateful to have Gordon in our team," remarks Ryan Freckleton, athlete with the British Bobsleigh and Skeleton Association.

"There aren't many out there who understand the human body like Gordon," Imani Lansiquot, Team GB Olympic 100m sprinter.

Through "Why Does It Hurt," Bosworth invites readers to join him in revolutionising both public and private practice, envisioning a world where physiotherapy redefines the quality of life for millions.

"Why Does It Hurt" is now available on Amazon and all other major online book retailers.

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