

[REDACTED]

4/4/26

Dear [REDACTED]

I would like to send this letter of support to yourself, the team at Per4m health and the safe rehabilitation centre you have created. I [REDACTED] as a [REDACTED] that are directed from yourself to help with my rehabilitation. I also use the Reforma Pilates facilities in house.

I am [REDACTED] working in the [REDACTED] I am a [REDACTED] and [REDACTED] I have a young active family with [REDACTED] I have a busy workload and approximately 4 years ago [REDACTED] which recurred in [REDACTED] and for this my colleague, who was treating the injury recommended physiotherapy and Pilates. Your studio was perfect for this for many reasons. You are based [REDACTED] away from my home, you see patients after and between working hours and provide targeted rehabilitation and personal training at hours that fit around my working life. The Reforma Pilates sessions are fantastic and complement my treatment perfectly.

My [REDACTED] come from [REDACTED] disease, but this is exacerbated by [REDACTED] [REDACTED] I also have [REDACTED] hearing I exacerbate [REDACTED] to extend my arms above my head. You are the first physio I have met that has put this all together and designed a rehabilitation programme that works around my working life.

Since working with yourself and your team I no longer get back pain, my day to day working life is easier and I have managed to improve [REDACTED] Thanks for your valuable help.

I should say that I also recommend your services as one of the local physiotherapists I have developed an excellent working relationship with. What sets you apart is your hands on care and the facilities you have that support excellent rehab for all, particularly hard working, time precious individuals.

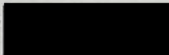
Kindest regards and many thanks

[REDACTED]



To whom it may concern

**Re: Per4m**

We fully support Per4m Health as our health and wellbeing partner  delivering both exercise programmes and essential physiotherapy services to our business and employees.

Per4m is an integral part of the local community and Mitton Road Business Park. The initiatives developed and implemented by Per4m are class-leading in healthcare and represent a valuable asset not only to our organisation but to the wider area.

Kind regards,

