

MAY 2026 NEWSLETTER



Litfield House Medical Centre
1 Litfield Place, Clifton
Bristol BS8 3LS

Tel: 0117 973 1323

Email:
marketing@litfieldhouse.co.uk
www.litfieldhouse.co.uk



LITFIELD HOUSE
Medical Centre

Upcoming Events

Our next free GP lectures will start in October.

We hope to publish the dates and speakers by the end of August.

Victoria Gee
Marketing & Events

marketing@litfieldhouse.co.uk
Tel (Direct Line): 0117 317 1486
(Wed-Fri)



Dear General Practitioner.

We continue to grow and are delighted to welcome several new members to Litfield House. Over the coming months, I look forward to sharing more information about their practices and the specialist services they offer through these newsletters.

- Liz Brown – Specialist Pelvic and Abdominal Physiotherapist (as below)
- Dr Adam Friedmann – Consultant Dermatologist - Proderm UK
- Lin Leong – Neuro Physio – Odstock Medical Ltd
- Dr Adrienn Domak – Consultant Psychiatrist – Clinical Partners
- Dr Javier Ferreiro-Pisos – Consultant Psychiatrist – Clinical Partners
- Dr Jonathan Harris – Clinical Psychologist – Clinical Partners

Trisha Tanner

Practice Manager

LIZ BROWN – SPECIALIST PELVIC AND ABDOMINAL PHYSIOTHERAPIST



Liz Brown joins Litfield House as a specialist in pelvic and abdominal physiotherapy.

Some of you may know Liz through Alma Physiotherapy, a specialist sports and pelvic health clinic in Bristol. Her clinic at Litfield House is designed as a smaller, medically integrated service for patients who would benefit from more specialist pelvic and abdominal rehabilitation — particularly those with post-surgical needs, complex or long-standing symptoms, or where multidisciplinary care alongside medical management is beneficial.

She accepts private insurers including WPA and Bupa.

Liz supports patients with:

- Postnatal recovery and return to exercise
- Diastasis recti rehabilitation
- Menopause-related changes
- Post-operative recovery (including hernia, prolapse and abdominal surgery)
- Bladder and bowel dysfunction (including haemorrhoids and obstructive defecation)
- Pelvic pain conditions (including endometriosis, vaginismus and vulvodynia)
- Core rehabilitation and persistent symptoms

Many patients begin to see meaningful improvements within 3–6 physiotherapy sessions, particularly when a clear and targeted treatment plan is established from the outset.

Liz has nearly 10 years' experience as a physiotherapist across private practice and NHS locum roles in the UK, alongside international experience in France. Her background working with the body began over 15 years ago as a ski instructor and has since developed through further training in sport, biochemistry and research.

For more information or to refer a patient for appointments, visit <http://www.almaphysiotherapy.co.uk/lizbrownlitfield> or email litfield@almaphysiotherapy.co.uk

[Liz Brown | Litfield House Medical Centre](#)

Please click on the following links for more information:

Consultancy/Surgical Suite Hire
[Consultancy Room Hire Bristol | Litfield House Medical Centre](#)

Consultants and Specialities
[Consultants and Specialities | Litfield House Medical Centre](#)

Medico Legal Specialists
<https://www.litfieldhouse.co.uk/medico-legal/>