



Liza Lambert  
Physiotherapy

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To My Patients

Due to illness, I am sad to announce that I won't practice as a physio any longer.

I have handed my practice over to Carmen Baier whom many of you have already met.

Trading as Hyde Park Physiotherapy, Carmen will still be in the same place: Suite 404, Hyde Park Corner Office Towers.

You receive this message as it is a legal requirement from the HPCSA. Carmen may be in contact in the handover process, but we will continue to respect your privacy thereafter.

Carmen is an excellent hands-on, ethical physio whom I have great respect for: She treats and manages patients well, has interest in musculoskeletal pain, sports injury, and orthopaedic rehab. She does dry needling and respiratory treatments (for children 2yrs+ and adults). Most of all, she approaches treatments with fantastic rehabilitative and Pilates skills.

Here are the contact details:

Tel | WhatsApp: 0113254134

Email: carmen@hydeparkphysio.co.za

The other main reason for this message, is that you will still have access to your file for 6 years after your last session (until 1 July 2027) or 6 years after obtaining majority. After that, files are confiscated. Please let Carmen know beforehand if you would like a copy so that she can prepare it for you. (You don't need your file; it is optional, and you don't have to request it.)

Thank you for your support and may you do the same for Carmen.

Would you be kind enough to reply to this message, so we are aware that you received it?

You're welcome to contact me with questions. Take care.

Liza Lambert  
Physiotherapist