

MY FRENCH PHYSIO

Private Physio-Osteopathy

Courchevel · Les Trois Vallées

Three things that make us different

ONE

Dual-qualified — physio and osteopath

A single practitioner with two French state-registered qualifications. Five years to become a physiotherapist. Five additional years to become an osteopath. The two disciplines work together within one integrated session — manual osteopathic release where the body needs it, then targeted physiotherapy for strength and recovery. You don't choose between treatments. You receive both, from one trusted hand.

TWO

Native-level English

Sessions are conducted in fluent English — the kind of conversational ease that lets you describe how your body feels, precisely, in your own words. French is also a native language.

THREE

Discreet by design

A private single-practitioner practice. No waiting room. No social media disclosure of visits. No name disclosure to third parties. A confidentiality agreement is available on request. Your privacy is our protocol.

How a private appointment works

01 A discreet first call. Share your stay, your concern, and how you prefer to be cared for.

02 A bespoke treatment plan. Single session, multi-day programme, or daily retainer.

03 Care delivered where you are. Treatment table, professional equipment, recovery accessories — everything arrives with the practitioner. Your chalet, suite, villa, hotel room or in-house spa.

04 Continuity. With your consent, treatment notes are shared with your private physician, fitness coach or ski instructor.

Areas of practice

Spine, neck and joint manual treatment
Sports physiotherapy and post-injury rehabilitation
Ski injuries – ACL, knee, shoulder, wrist, back
Ankle sprains, skier's thumb, shoulder dislocations
Pre- and post-surgical recovery programmes
Posture, headaches and tension-related pain
Bronchiolitis emergency physiotherapy (infants)
Deep tissue sports massage and body balancing

For international guests. If you are accustomed to seeing a chiropractor, physical therapist or osteopath at home, French osteopathy – practiced within a strict state-registered framework – addresses many of the same concerns. We are a dual-qualified physiotherapist-osteopath, not a chiropractor. The scope of manual care, however, will feel familiar.

Credentials & insurance

PRACTITIONER

Mathieu Zelechowski – founder and sole practitioner.

QUALIFICATIONS

Diplôme d'État de Masseur-Kinésithérapeute – École d'Assas, Paris, 1998
Osteopathy Diploma – Collège Ostéopathique Sutherland, Paris, 2004
European School of Osteopathy, Maidstone, UK
Twenty years of clinical practice in Courchevel and Les Trois Vallées
RPPS 10005513642 · Ordre des Masseurs-Kinésithérapeutes n° 31912

LANGUAGES

English (fluent) · French (native)

INTERNATIONAL INSURANCE

Compatible with Cigna Global, Allianz Care, AXA Global, Bupa, Vitality, GeoBlue.
Detailed treatment documentation is provided for all international claims.

TRUSTED BY

Cheval Blanc Courchevel (LVMH) · Les Aïrelles · Le Mélézin (Aman Resorts) · Como
Shambhala Estate Singapore · Pacific Club Hong Kong

Request a private appointment

By appointment only.

PHONE & WHATSAPP

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ONLINE

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Inquiries are answered within one hour during winter season office hours (December – late April, 08:00 – 22:00, 7 days a week).

Rated 4.9 / 5 on Google – independent reviews from international guests.

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