

MY FRENCH PHYSIO

Physio-Osteopathy for International Guests

Courchevel · Les Trois Vallées

Familiar care, in fluent English

Whether you usually see a chiropractor, a physical therapist, a sports massage therapist or an osteopath at home – the closest professional equivalent in France is a dual-qualified physiotherapist-osteopath. That is what My French Physio offers, delivered in fluent English, with the same expectations of discretion and personal attention you receive from your trusted practitioner at home.

Three things that make us different

ONE

Two state-registered qualifications, one practitioner

Five years to qualify as a physiotherapist in France. Five additional years to qualify as an osteopath. Most practitioners hold one. Mathieu Zelechowski holds both – and uses them together within a single integrated treatment. RPPS 10005513642 · Ordre MK n° 31912.

TWO

Native-level English

Every consultation is conducted in fluent English. Your symptoms, your medical history, your treatment plan – described and understood with the precision you expect at home.

THREE

Discreet by design

A fully mobile single-practitioner practice. No waiting room. No social media disclosure. No name disclosure to third parties. Confidentiality agreement available on request.

A note on French regulation

Chiropractor. In France, the title is reserved and regulated separately. French osteopaths complete five years of state-regulated training and are authorised to perform spine and joint manipulation, soft tissue work and postural assessment – covering the same scope of manual care that a chiropractor would deliver abroad. If you are accustomed to chiropractic care, you will find French osteopathy familiar.

Physical therapist / physiotherapist. French kinésithérapie shares the same training depth and scope of practice as physical therapy in the United States or physiotherapy in the United Kingdom and Commonwealth countries.

Insurance & documentation

French state qualifications (RPPS) are recognized across Europe and accepted by major international health insurers:

Cigna Global · Allianz Care · AXA Global · Bupa · Vitality · GeoBlue

Invoices include the full French practitioner details (RPPS 10005513642) and CPAM-compatible codes where applicable. Available in English on request. Payment is taken at the end of each session: card, cash, Apple Pay, Google Pay, bank transfer, or cryptocurrency (Bitcoin, Ethereum).

Areas of practice

Back, neck and joint pain after long-haul travel or several days on the slopes

ACL, MCL and meniscus rehabilitation post-surgery

Shoulder dislocation and skier's thumb

Headaches and altitude-related tension

Post-surgical recovery alongside your home physician's plan

Deep tissue sports massage and body balancing

Bronchiolitis emergency physiotherapy for infants

Trusted by Courchevel's leading hotels

Since 2003, on call for some of the world's most prestigious addresses:

Cheval Blanc Courchevel – LVMH / Guerlain Spa

Les Airelles Courchevel – Lov Group

Le Mélézin Courchevel – Aman Resorts

Como Shambhala Estate – Singapore

Pacific Club – Hong Kong

Practical information

Service mode – Fully mobile · in-chalet · in-suite · in-room

Service area – Courchevel 1850, 1650, 1550, Le Praz, La Tania, Méribel, Les Trois Vallées

Season – December to late April · 7 days a week · 08:00–22:00

Response time – Under 1 hour during ski season office hours

Same-day appointments – Usually available

Languages – English (fluent), French (native)

Equipment brought to the property – professional treatment table, shockwave, manual therapy, kinesio tape

4×4 vehicle – treatments proceed in any weather

Request a private appointment

By appointment only.

PHONE & WHATSAPP

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EMAIL

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ONLINE

www.myfrenchphysio.com/physio-osteopathy-international-guests-courchevel

Inquiries are answered within one hour during winter season office hours.

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

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