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SPORTSMASSAGEUK

“Not Just For Sportspeople”

Telephone 01463 259849 to book an appointment

Massage can be a powerful means of gaining a sense of health and well-being, through soft tissue manipulative methods, coupled with passive and active stretching techniques. It can help rejuvenate your body's systems by releasing congested tissue, assist lymphatic drainage, release muscle tension, etc. It is a safe, effective form of natural medicine, and particularly beneficial when used on a regular basis to prevent injury or illness, rather than trying to deal with problems after they have occurred.

Remedial massage combines traditional, Western and Oriental methods, helping to increase energy, relieve stress and loosen tight muscles, particularly in the back, neck, shoulders, arms and hands – leaving the client feeling alert yet relaxed. This type of massage has been developed so that it can be administered without the need to remove clothing – making it ideal for the workplace.

Sports massage has gained widespread recognition as a valuable aid in the prevention and treatment of injuries; used during training, or before an event, as part of an athlete's overall preparation, as well as after competition to relieve muscular tightness and aid recovery. It gives best results when administered on a regular basis to prevent muscular tension, and can deal with minor injuries which, if left untreated, could become chronic and affect performance.

Treatments are designed for the individual to give maximum benefit, and involve manipulation, stretching, mobilisation of joints and muscles to increase range of movement and further aid the body's own healing processes.

Treatment sessions last between 45 to 60 minutes – the initial consultation includes a brief medical history, **and it is very important that you advise us of any medical treatment, medical condition, or regular medication you are receiving.**

A treatment plan will be discussed with you, and advice may also be given on stretching and similar remedial exercises to help continue your recovery.

Please also note that whilst we are able to treat young people, if they are under the age of 16, it will be necessary for a responsible adult to be in attendance throughout the treatment session.

We have been qualified massage practitioners since 1995, and continue to keep abreast of developments in all aspects of massage; attending appropriate conferences, seminars and workshops on specialist or sports related subjects organised by various professional bodies.

We have also spent time, both in the UK and abroad, working alongside physiotherapists, chiropractors, doctors and sports coaches in a wide variety of sporting and non-sporting areas, including:-

- **NEW SOUTH WALES CRICKET ASSOCIATION**
- **BRISBANE BRONCOS RUGBY LEAGUE CLUB**
- **AUSTRALIAN ASHES TOURING PARTY**
- **AUSTRALIAN CRICKET WORLD CUP SQUAD**
- **CAMBRIDGE UNIVERSITY RUGBY LEAGUE SQUAD**
- **DERBYSHIRE C.C.C. SQUAD**
- **Cast & Crew – BBC TV Series “Monarch of the Glen”**
- **SYDNEY 2000 GAMESFORCE MEDICAL TEAM**
- **MANCHESTER 2002 COMMONWEALTH GAMES**
- **INVERNESS CALEDONIAN THISTLE FOOTBALL CLUB**

We have treated people from all walks of life that simply realise the benefits of regular massage –

that feel good factor !

Please telephone the number above for further information or advice, or to book an appointment.

Please note that a cancellation fee may be payable unless we receive at least 24 hours notice that you are unable to keep your appointment.

Whilst we are willing and able to carry out ‘home’ visits, please note that a mileage charge of 40 pence per mile for the complete journey will be added to our normal treatment session fee.

As we are a Member of the Sports Massage Association, it may be possible for you to use any private healthcare you have to cover the cost of treatment sessions – we would recommend that you check with your healthcare provider beforehand.