

What makes Sportswise different

Our **Massage Therapists** are skilled and experienced practitioners qualified in sports and remedial massage. They work as part of a close-knit multi-disciplinary team.

We take a holistic approach to diagnosis and management to optimise treatment and prevent the problem recurring. At Sportswise we pride ourselves on not just treating your symptoms but also identifying the underlying cause of your problem so that we can treat it effectively and help you to return as soon as possible to your normal activity or sport. We have the latest equipment and facilities at the clinic to use when needed.

Massage

Massage can help to maintain movement and flexibility, improve posture and blood flow, relieve muscle tension and encourage an overall sense of wellness.

Who will benefit

Regular massage can be very important for sports people as well as those wishing to remain active for as long as possible and for people with work-related issues.



Sports massage can be used to reduce the likelihood of injury from over-training and muscle imbalance and can significantly reduce recovery times. It will also contribute to improving performance and stamina.

Treatments

Sports Massage

Primarily aimed at people involved in sport or regular exercise, this is effective for treating sports injuries, as well as acting as a preventative measure.

The techniques used within the treatment can address problems that arise through the stresses placed on the body through training and performance. Recovery times are reduced, particularly if sports massage takes place post exercise.

Deep Tissue Massage

This is a great treatment for dealing with the rigours of life. Having deep tissue massage helps improve your circulation, relax your muscles, reduce tension and tightness, and relax you psychologically. This can be particularly helpful for work-related muscle tension from poor posture or stress.



The massage itself works at a deeper level on muscle fibres and connective tissue. Neck, shoulder and back tightness can often be attributed to poor posture and deep tissue massage can help restore balance.

Relaxation Massage

This treatment has a soothing effect on your muscles, easing aches and pains and helping you feel relaxed. The massage itself requires softer strokes, but will still act to improve your circulation and stimulate the skin and nervous system to promote health and well-being.

Charges

Massage appointment £40
(45 minutes)

There is a 10% discount on your first appointment.

Why not treat yourself or someone you care for with a relaxation massage? Gift vouchers are available from reception.

Our massage therapists have recognised qualifications in sports massage therapy and hold professional liability insurance.

10% DISCOUNT

(on your first appointment)

with the Sports
Massage Therapist
on production of this voucher

To find out more about the clinic as a whole, as well as information on specific treatments and profiles of all our practitioners, please visit our website

www.sportswise.org.uk



Contact us:

For advice or an appointment
please telephone 01323 745970
or email reception@sportswise.org

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