

Sports Therapy

SPORTS MASSAGE

Recognised as a skill which aids recovery and enhances performance, if used regularly can help to prevent injuries.

BENEFITS

Sports massage can help ease and reduce many conditions, including the following:

- Muscle soreness/tension
- Pulled or strained muscles
- Back pain
- Sprained ligaments
- Joint pain
- Tendonitis
- Sciatica
- Frozen shoulder
- plus many more...!

EFFECTS

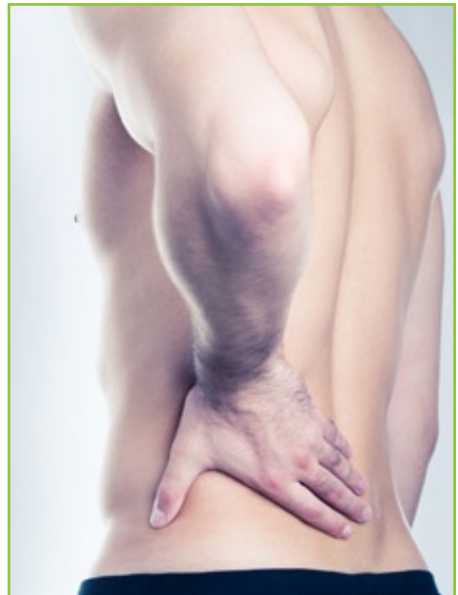
An effective therapy for releasing muscular tension and restoring balance to the body.

The massage works deep into the muscle tissue to stretch and loosen tight and knotted fibres.

Waste and toxins that accumulate in the muscles after exercise are removed quicker and more thoroughly. This results in a faster recovery from training and competition.

RECOVERY

The cycle of on-going injuries can be broken with regular treatments in conjunction with a personalised exercise routine, aiming at returning to normal everyday activities through concentrating on muscle strength and joint mobility.



ADDITIONAL BENEFITS

- Pre-event massage
- Psychological enhancement
- Lower blood pressure
- Relaxation
- Aids lymphatic drainage
- Improved circulation
- Eases fatigue
- Reduces swelling

THE APPOINTMENT

Length of massage depends on individual's needs.

£25 for 30 mins

£30 for 40 mins

£40 for 1 hour

To book, please contact Dale directly.

For further information please speak to the Gym Team or Reception staff.



QUALIFIED INSTRUCTOR

Dale Irvine

- Diploma I.I.S.T.
- Rehabilitation qualified
- I.I.S.T. Sports Massage & Sports Event Massage
- Nutritional Advisor
- Diploma P.T.
- Diploma I.H.M.

Fully insured and registered with the Register of Exercise Professionals (REPS) since 2002, and registered with the Institute of Sports Therapists (I.I.S.T.) and Member of the Register of Nutritional Therapists (M.R.N.T.)

HOW TO BOOK

To book an appointment please contact Dale directly.

Dale: 07711 394 164

Alternatively you can leave a message with reception or one of the gym instructors for Dale to give you a call when he is next on shift.

INFORMATION

Massage is recorded as one of the earliest forms of physical therapy and is known to have been used by many different cultures up to 3000 years ago.

It has only been in the more recent years, since travel and communications have enabled different civilizations to meet, that so many forms of massage have been developed.

In all types of massage the therapist has specific aims in mind, and in sport, the individual needs of the athletes become the focus of the sessions. With the ever growing number of people taking part in sport, combined with the increasing competitiveness and intensity of physical exercise, the demand for sports massage is also increasing and becoming more recognised as a skill which may aid recovery and enhance performance.

Sports massage does have some aims in common with other forms of massage and it is especially important to have a thorough understanding of anatomy and physiology, in particular the muscular and skeletal systems. By understanding these systems and the effects of exercise we may also appreciate how massage may benefit the sports person and becomes an integral part of the athlete's training programme.

