



Sports Massage

Qualified Instructor Dale Irvine

Registered with the Register of Exercise Professionals (REPS) and the International Institute of Sports Therapists (I.I.S.T.) and Member of the Register of Nutritional Therapists (M.R.N.T.)

07711 394 1 64

- Diploma I.I.S.T.
- Rehabilitation Qualified
- I.I.S.T Sports Massage & Sports Event Massage
- Nutritional Advisor
- Diploma P.T.

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 every day activities. Concentrating on muscle

The Appointment

Length of massage depends on individuals needs.

To book an appointment please contact Dale directly on **07711 394 1 64**.