



Services

Sports Therapy Consultation – Free (can be performed over phone or video link) up to 15 min

- This service is for anyone with a musculoskeletal problem they wish to be assessed and diagnosed. Also suitable for anyone who is injured and wants to know what to do next to aid recovery.

Sport injury assessment, treatment plan and sports massage £45 60min

- Full consultation • Health Assessment • Posture analysis • Range of motion testing • Strength & Muscle Activation tests • Treatment Plan • Sports Massage (min 30min) • Aftercare plan

Work injuries -£45 60 min

- Assessment • Health Assessment • Range of motion testing • Strength & Muscle Activation tests • Treatment Plan • Sports therapy depending on assessment (min 30min) • Aftercare plan

Sports Massage - £30 50min

- Sports Massage movement analysis, massage and exercise prescription if needed

Sports Massage race package - £55 50 min pre-event sport massage 50in post-event recovery therapy

- Includes two appointments, one pre-event and one post-event.

Joint Mobilisations and Spinal Mobilisations- £20 30min

(performed on legs or back /shoulder)

- Gentle mobilisations that aim to regain normal joint movement in a pain free range. Performing best sports therapy techniques to increase range of motion, reduce pain and stiffness by restoring the joint to its fully functioning motion. Mobilisations are normally used as a treatment with other types of soft tissue treatment. Can be combined with soft tissue deep massage.

Vacuum Cupping Therapy – £20

30min

Vacuum Cupping Therapy + sports massage – £35

50min

- Vacuum Cupping therapy is a alternative therapy that is used on all types of soft tissue. Vacuum Cupping therapy involves application of a cup to the skin using suction. The cups can be static (Dry Cupping) or can be used with oils for deep tissue massage. Dry cupping may leave marks on the skin for 4-10 days which is due to the blood stasis and localised healing; it is reported the darker the mark the more healing is taking place in that area of the tissue. Cupping Therapy can loosen fascia, reduce pain and inflammation and stimulate blood flow.

Exercise Rehabilitation to increase flexibility / Balance / Strength / or other Goal

Exercise Plan only (to your e-mail) £15

1-2-1 therapy + plan £40

50min

- Following an injury it is vital to rebuild and reeducate the body back to its former status. We build rehabilitation programmes for all stages of exercise rehabilitation from initial injury all the way through to the functional training including flexibility, strength, power and agility. This can include postural analysis and correction. **This therapy can be done in clinic or online using any face time program.**

Kinesiology taping

Free with any other 20min+ therapy

£5 (per area) As a single therapy

- Kinesiology taping which helps reduces pain, swelling and inflammation and aids correct function of muscles, tendons and ligaments. It has a wide range of uses from aiding injury recovery to improving power and performance.

Pregnancy Massage (after the first Trimester) - £30

50min

- Pregnancy Massage aims to alleviate many of the common aches and pains that develop within pregnancy as well as provide some much needed relaxations. Pregnancy massage can help reduce legs cramps and swelling, ease headaches, reduce lower and upper back pain, relieve sciatica and pelvic girdle pain.

Nutrition - coming soon

• Sports Nutrition • Event day • Weight loss plans

Nutrition is a key part of your recovery. We can make sure you are taking on the right amounts and types of food to fuel your performance and aid your recovery. We build a bespoke nutritional plan that will fit in to you day to day life as well as compliment your training programme or weight managment .

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