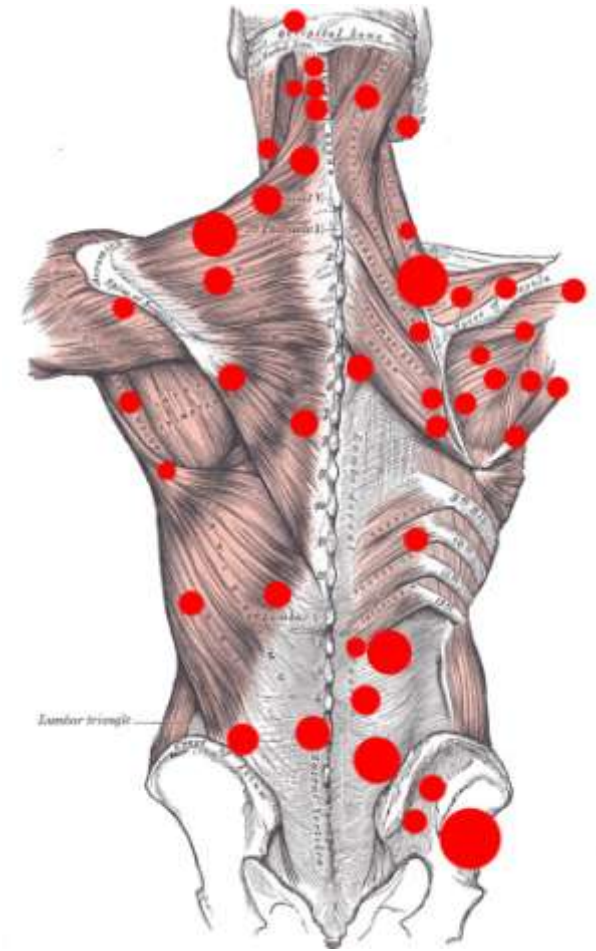


SPORTS MASSAGE & TRIGGER POINT THERAPY

Kate Watson BSc (Sports Rehabilitation)

gained her degree at St Mary's University College London and has been involved with treatment of athletes in both private practice and at events such as the London and Brighton Marathons. She is also registered with the Sports Massage Association as a Level 4 practitioner.



**best practice
chiropractic**

34 Dyke Road Avenue, Brighton, BN1 5LB
01273 560 888

chiropractor-brighton.co.uk

**best practice
chiropractic**

WHAT IS SPORTS MASSAGE ?

Sports massage is the management, manipulation and rehabilitation of soft tissues including muscles, tendons and ligaments.

The techniques used by sports massage practitioners have been developed to ensure effective and efficient results are gained from each massage given. Sports massage helps:

- Improve circulation and lymphatic flow
- Assist in the removal of metabolic waste
- Sedate or stimulate nerve endings
- Increase or decrease muscle tone
- Increase or decrease muscle length
- Remodel scar tissue when required
- Assist in mental preparation for sporting participation

You do not need to be a sports performer to benefit from a sports massage. The benefits above can also help relieve many day to day problems, repetitive strain injury, sprains, tension, fatigue that everyone experiences.

By using a Sports Massage Association practitioner, you ensure that you receive an individually tailored, high quality massage. Depending on the type and timing of activity these benefits can be achieved by anyone.

If you are a sports performer, of any level, a sports specific massage can be beneficial at various stages of participation. For example:

- The conditioning / training phase
- Pre competition
- Inter competition
- Post competition
- Post travel
- Injury prevention
- Injury recovery

Regardless of your experiences in sport or exercise, whether you exercise socially or compete to an international level - sports massage has something to offer you.



WHAT IS A TRIGGER POINT ?

Most people are familiar with the feeling of having knotted muscles.

Trigger points are these irritable 'knots' and are associated with palpable nodules in taut muscle fibres. Trigger Point Therapy is a specific technique to release or remove these restrictions from the muscle.



Sessions available:

15 min. Trigger Point Therapy £15

For specific areas with knotted muscles that need dealing with this is the one for you.

30 min. Deep/ Sports Massage £30

Incorporates a variety of techniques to reduce and relieve both occupational and sports complaints in one or two specific areas.

60 min. Deep/ Sports Massage £55

The time allows for a full body Sports or deep tissue massage.

90 min. Deep/ Sports Massage £80

Full body deep massage ideal for people with broader backs or stubborn / multiple muscle issues.