

## Sports Massage



Sports Massage Therapy is not just for sports people! Anyone can acquire a soft tissue injury via a slip, a sprain, repetitive use, poor posture or simply by being unfit. Sports massage therapy is for anyone with an ache, pain, strain, old or new injury.

Sports massage treats the areas in need. For instance if you come in with a painful lower back, perhaps caused by poor posture or a hamstring injury, then a particular group or groups of muscles will be treated, relevant to the areas relating to and causing pain.

Pain: your body's way of asking you to change something...

**60 minutes— £45.00**