

# Sports amp Deep Tissue Massage



Location

**South East, Middlesex**

<https://www.freeadsz.co.uk/x-429969-z>

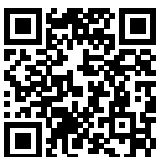


Sports massage aids injury prevention, helps recovery of injury and can help to increase the quality and quantity of your training and performance. The deeper techniques used in a sports massage help breakdown fibrous tissues that may have developed following an injury or overuse. This fibrous tissue can restrict your range of movement and cause pain. By receiving regular sports massage, your awareness of your body will improve, allowing you to adapt your training sessions if needed. Stretching regularly at home is essential and a session will usually include advice and specific exercises where appropriate.

Your first session will include a detailed consultation and postural assessment so that I can really focus on fixing the root of the problem, rather than just soothing any pain. I am a personal trainer and masseuse with over 5 years experience of working to keep my clients injury free and on the move towards a healthier, happier body.

1 hour: £65

90 minutes: &pound



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