

1. **FRIENDLY** - Our service is friendly, compassionate and comprehensive, taking all aspects of your lifestyle into consideration and exploring all possible paths to restoration.

2. **EXPERIENCED** - Our experience is extensive, ranging from clinic based rehabilitation for injured athletes, home based rehabilitation for stroke patients and management of chronic pain/illness to in-the-field support for races and events.

3. **OUTSTANDING** - Our treatment has outstanding results. Both effective and efficient, often achieving results where other therapies fall short.

4. **HONEST** - We are honest and committed to your well being and recovery. If you are unable to attend clinic, we will come to you. We are always available to answer your questions and ease your concerns where possible.

5. **CONNECTED** - We are well connected to top practitioners in various fields ranging from Chiropractors and top consultants to UK renowned Podiatrists and Mindfulness/yoga teachers.

6. **EXPERTS** - Our Therapists are educated to the highest level available in the UK today and trained by some of the foremost educators in the discipline. We are registered and governed by the Institute of Sport & Remedial Massage (ISRM) and the Government backed Complementary & Natural Healthcare Council (CNHC) and therefore meet the highest standards of competency, effectiveness and conduct.

WE WILL NOT keep you coming if other treatments may be more effective for you either concurrent to or in place of Sport & Remedial Massage Therapy or the treatment is not achieving the desired result.

WE WILL make sure you are referred to the relevant specialist.

WE ONLY refer to the very best practitioners available based on their reputation (which must be outstanding) and our experience regarding their handling of past referrals.