

## What is sports massage?

Sports massage is a speciality within remedial massage with the focus often being recovery from training or event participation. Sports massage is commonly administered 'truckside' directly before and after an event or game to help enhance performance and give an early boost to recovery.

**Better quality recovery = Increased quality and effectiveness of training**

The hands on nature of massage assists in the early detection and prevention of potential soft tissue injuries making sports massage an essential component to any athletes training programme professional and amateur alike.

Through regular treatment a sports massage therapist will build up a thorough picture of the condition of the performers soft tissues and will be able to monitor how he or she is responding to training. Based on this the practitioner can select the appropriate treatments and offer relevant advice to help the athlete perform to their best and avoid injury.

## How will it make me feel?

Sport & Remedial Massage Therapy is an effective, enjoyable and often relaxing method of restoring and enhancing performance while keeping injuries at bay.

Due to the precise nature of treatment, sport and remedial massage often works into areas that may already be experiencing a moderate level of pain. As a result treatment can sometimes be a little uncomfortable but will always stay well within the patients level of tolerance. Patients are encouraged to give regular feedback so treatment can be modified to better suit their needs.

It is normal to experience some temporary soreness, tiredness or lethargy after a full hour of remedial treatment and this can last for a day or so. This should fade and leave you feeling freer and better than you did before.

The purpose of Pre-event sports massage is to leave the performer feeling freer, stimulated and invigorated or in some cases calmed down. For this reason pre-event treatment rarely lasts more than 15min.

## How to find us...

Treatments Available at:

**Enjoy Holistic Health Centre**

([www.enjoyholistichealth.com](http://www.enjoyholistichealth.com))

**13 Dogpole**

**Shrewsbury**

**Shropshire**

**SY1 1EN**

**Tel:** 07517 431223

**Email:** [paul@restoresportsmassage.co.uk](mailto:paul@restoresportsmassage.co.uk)

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**Institute of Sport & Remedial Massage**

**Complementary & Natural Healthcare Council**



## ENHANCE PERFORMANCE PREVENT INJURY SPEED RECOVERY



Enquiries & appointments **07517 431223**

## EVERYONE CAN benefit

**For many thousands of years massage has been the principle method of treating most musculoskeletal problems.**

Minor injury is by far the most common musculoskeletal problem, but as modern medicine puts effort into treatment of increasingly serious conditions, minor everyday aches, pains and injuries are becoming less adequately dealt with, although they can still be extremely painful and may seriously affect a person's occupation, sport or quality of life.

Furthermore, if not treated properly in the early stages, a minor injury can sometimes lead to a more serious condition in the long term. Sports massage can treat the majority of such minor problems quickly and effectively.

- Mel Cash, Principle tutor, London School of Sports Massage.

It doesn't matter if you're sporty or sedentary, young or old. There is a soft tissue component to every condition of trauma, disease, surgery or training that will benefit from massage.

## What is remedial massage?

Clinical Remedial Massage Therapy is primarily concerned with the assessment of the soft tissues of the body to help prevent and manage dysfunction, injury, pain, and physical disorders. It can be used in preparation for, and as recovery from, surgical procedures to improve the quality of scar tissues.

This is achieved through physical, manual manipulation of the soft tissues and will often include advice on posture, exercise, stretching and training.

Regardless of activity level, the soft tissues are subject to the forces and strains of daily living. Muscular imbalances, painful over-tension, weakness, postural changes and poor tissue condition can result. These changes may be manifested through physical strain or structural issues and can be stress or chronic illness induced. Even just sitting at a desk can be enough to bring about significant postural changes and pain.

Remedial massage works directly into the relevant areas of soft tissue dysfunction to improve the overall condition of the individual over a recommended number of sessions.

## What happens when I see a Sports Massage Therapist?

An initial consultation of 90min is recommended for all new patients. During this time the practitioner will:

- Take a full case history. This will include a full medical history and details of your current condition. If you are injured you will be asked to describe in detail the moment of your injury (how it occurred and when etc...) and you will be asked to recall any past injuries.

- You may be asked to remove some clothing. Please tell your therapist if you feel uncomfortable with this. Some treatments are actually more effective when performed through clothing. If you are asked to undress you will be provided with a gown.

- With your permission assessment of the relevant structures will commence including muscle tests for weakness and over-tension, flexibility, joint stability and postural analysis.

## What do I need to know before I start treatment?

On your first consultation you will receive full assessment as required and treatment. Before treatment is commenced your therapist will discuss his findings with you and agree on the best course of action. All benefits and risks of treatment will be detailed to you. Treatment is a partnership between you and your therapist.

If the therapist finds any indication that your condition requires more specialist treatment you will be referred either straight away or recommended to see another practitioner at a later date either alongside or instead of massage.

## How Many sessions will I need?

All treatment is tailored to the individuals needs. Your therapist will recommend a course of treatment based on:

- The severity of your condition
- How long you have had the condition
- The expected response of your condition to massage treatment.
- The intensity of your training or the difficulty of your event.
- proximity to surgery.

You may also be provided with detailed exercise or stretching programmes that may accelerate your improvement if regularly practiced.

## Should I tell my Doctor? Partnerships with other therapies:

Sport and Remedial Massage Therapy is not a replacement for more specialist treatments but may be a good alternative depending on the needs and feelings of the individual patient. Sport and Remedial Massage therapy works exceptionally well when used alongside other more specialist treatments such as Physiotherapy, Chiropractic or Osteopathy and is therefore an excellent complement.

Your Sports Massage Therapist should display an open and enthusiastic attitude toward any other treatment you may be receiving and be more than willing to liaise with your GP, Physiotherapist, Chiropractor, Osteopath or any other health care practitioner, complementary or otherwise. referrals to other specialists are always made where necessary and you can rely on your therapist to refer you to a relevant and high standard practitioner if needed.

## What should I wear? Clinic policies:

### What to wear

Patients are advised to wear comfortable sports clothing and underwear. Towels are provided and only the area being treated will be uncovered at any one time. Treatment gowns are available and recommended for female clients.

### Clinic policies

Patients under 16 years of age must be accompanied by a parent who will be required to sign a parental consent form. Chaperones are welcome for female patients.

At Restore we happily offer sit-in's / tutorials to promote home treatments for carers or partners of chronically ill patients.

In accordance with standard practice we regret that a charge will be made for missed appointments or non-attendance unless 24 hours notice is given.

If you are late, the session still falls within the scheduled appointment time. If the practitioner is late, the session will last the full time allotted. If the practitioner misses a scheduled appointment, you will receive a free session.

## Can anyone call themselves a Sports Massage Therapist?

Sport & remedial Massage Therapists should be trained to a level of competence acceptable to the **Institute of Sport & Remedial Massage** ([www.theisrm.com](http://www.theisrm.com)) or the Sports Massage Association. These are the highest sports massage qualifications in the UK. They operate as independent practitioners with registration being dependent on continued professional development within the field.

ISRM approved Sport & Remedial Massage Therapists are accepted by **The Complementary and Natural Health Care Council** ([www.cnhc.org.uk](http://www.cnhc.org.uk)). This new regulatory body for complementary therapies was set up in 2009 with backing from the the department of health. Its key function is to enhance public protection, by setting the highest standards for registration. It is anticipated that obtaining the CNHC "quality mark" will swiftly be recognised as the hallmark of quality for the sector. The general public and those who commission the services of complementary healthcare practitioners will be able to choose with confidence, by looking for the CNHC quality mark.

It is temporarily possible for anyone to call themselves a sports massage therapist so for your assurance of a highly trained and competent Sport & Remedial Massage Therapist always look for the ISRM and CNHC logo's. A registered Sports Massage therapist will adhere to a strict code of ethics.

*Paul Martin of Restore Sport & Remedial Massage is a registered member of both the ISRM and the CNHC.*



## Do I have to pay for treatment?

Some individuals are able to claim for their treatment on employment health plans.

The Complementary and Natural Health Care Council is currently working towards getting Sport & Remedial Massage Therapists accepted by BUPA so that you may claim your treatment on insurance. At this point however we regret that we are unable to accommodate insurance claims.

**Payments are made by Cash or Cheque only please.**

## Prices and services offered:

### 1st consultation 90min (approx.) @ £50 For all new patients

(Includes approximately 30min postural and biomechanical assessment and detailed medical history plus treatment).

90min treatments are recommended for patients who are commencing treatment for the first time. 90min allows full assessment of the condition including muscle strength and length testing, postural analysis and detailed discussion concerning medical history and factors effecting the complaint. During the initial treatment your therapist will focus on the problem area and any other areas of compensation or underuse that may require attention. Care will be taken to avoid overtreatment to ensure minimum discomfort during and after your first treatment.

### Subsequent treatments: Just £35 per session

Most treatment plans will follow a course of three to five treatments depending on the individual needs of the patient.. Most sessions will last approximately 1hour. However treatment durations can vary at the discretion of your therapist depending on the nature of the treatment to be performed. Your therapist will use his clinical judgment to decide when sufficient treatment has been performed into any given condition and will avoid 'over-treatment' where possible.

### 30min 'lunch break' sessions priced £20

30min treatments are ideal for sports performers short on time or other individuals who want to make use of a lunch break for a bit of quick relief. NOT FOR NEW PATIENTS.

**Appointments are currently available to MS patients for voluntary contributions only.**

### Gift Vouchers

Available to a value of your choice.  
Valid for six months

**Club discounts** May be negotiated.

**Event / Team support:** Cost negotiable

**Teaching / presentations:** Presentations / workshops for schools and colleges: Cost negotiable