

## Practitioner's

Our Practitioners are fully qualified and registered members of the Sports Massage Association and The London School of Sports Massage.

## Private Health Care

The costs for your sports/remedial massage treatment may be met by your Private Health Insurance provider.

For details contact the practice or your own insurance provider.



and many more...



## Opening Times

### OSTEOPATHY

Monday 9.00am-6.30pm  
Tuesday 9.00am-7.00pm  
Wednesday 9.00am-7.00pm  
Thursday 9.00am-7.00pm  
Friday 9.00am-9.00pm  
Saturday 9.00am-1.00pm

### ACUPUNCTURE

Monday 2.00pm-6.30pm  
Wednesday 12.00pm-8.00pm

### PHYSIOTHERAPY

Wednesday 9am-1pm  
Saturday 2pm-6.30pm

### SPORTS/REMEDIAL MASSAGE

Monday 2.00pm-6.30pm  
Tuesday 2.30pm-6.00pm  
Friday 10.00am-9.00pm  
Saturday 8.30am-6.30pm

### PODIATRY SERVICES

Monday 10.00am-2.00pm

### HOMEOPATHY

Tuesday 9.00am-1.00pm

Debit and Credit Cards accepted



# Sports/Remedial Massage



The Cedars Practice  
Osteopathic & Complementary Therapies



- Osteopathy
- Remedial Massage
- Acupuncture
- Podiatry Services
- Physiotherapy
- Homeopathy
- Sports Massage
- Reflexology

For further information or  
to book an appointment

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## What is Sports and Remedial Massage?

Sports and remedial massage is the management, manipulation and rehabilitation of the soft tissues of the body, eg. muscles, tendons and ligaments. This benefits you both physically and psychologically, leaving you feeling and performing better.

Soft tissue massage works on the underlying layers of muscles, tendons, connective tissue and fascia.

It is the ability to manipulate these underlying tissues in order to shorten, lengthen, relax and release stresses and strains.

Sports and remedial massage can relieve pain, promote healing and realign the body, and can be effectively applied in combination with other forms of massage and treatment.



## Who should receive treatment?

Anybody who is recovering from an injury or suffering from muscular aches and pains.

## How often will I require treatment?

This varies according to the type of injury or particular problem. You will be advised at your assessment how often treatment will be most beneficial to you.

## Benefits of treatment

- Can help alleviate joint and muscular pain and tendon injuries
- Massage has a direct influence on the musculo-skeletal and circulatory systems of the body.
- Helps relieve muscle pain, soreness and stiffness after exercise. Relaxes and tones muscles and relieves stiff joints.

- Can help relieve specific injuries, such as tennis or golfer's elbow.
- Can have positive affects on the nervous system.
- Can improve flexibility and posture by affecting muscle tone and length.
- Sports performers at all levels can benefit from pre-conditioning to the post competition phase including injury prevention and recovery.
- Learn techniques for self help and rehabilitation and get back into action as quickly as possible.

