### 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.

### 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

For further information or to book an appointment

Tel: 01883 344301

Email: osteopath@back2health.biz

48 High Street, Caterham, Surrey CR3 5UB

www.back2health.biz
What is Sports and Remedial Massage?

Sports and remedial massage is the management, manipulation and rehabilitation of the soft tissues of the body, e.g. 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.