



We are a new practice specialising in Sports and Remedial Massage.

Each treatment is tailored to the individuals needs ensuring you will receive the best possible relief for tired and aching muscles.

Our treatments can offer you increased flexibility and faster recovery after exercise.

They can also help with:

- Back Pain
- Sciatica
- Stress
- General Aches and Pains
- Sore Muscles
- Sports Injuries

For more information call now on: Tel: 07781 106947 or email us at info@srmc.co.uk

Carol Harvey

LSSM (Dip)
BTEC (Dip)
MISRM
CNHC



**Your
Muscles
in
Safe
Hands**

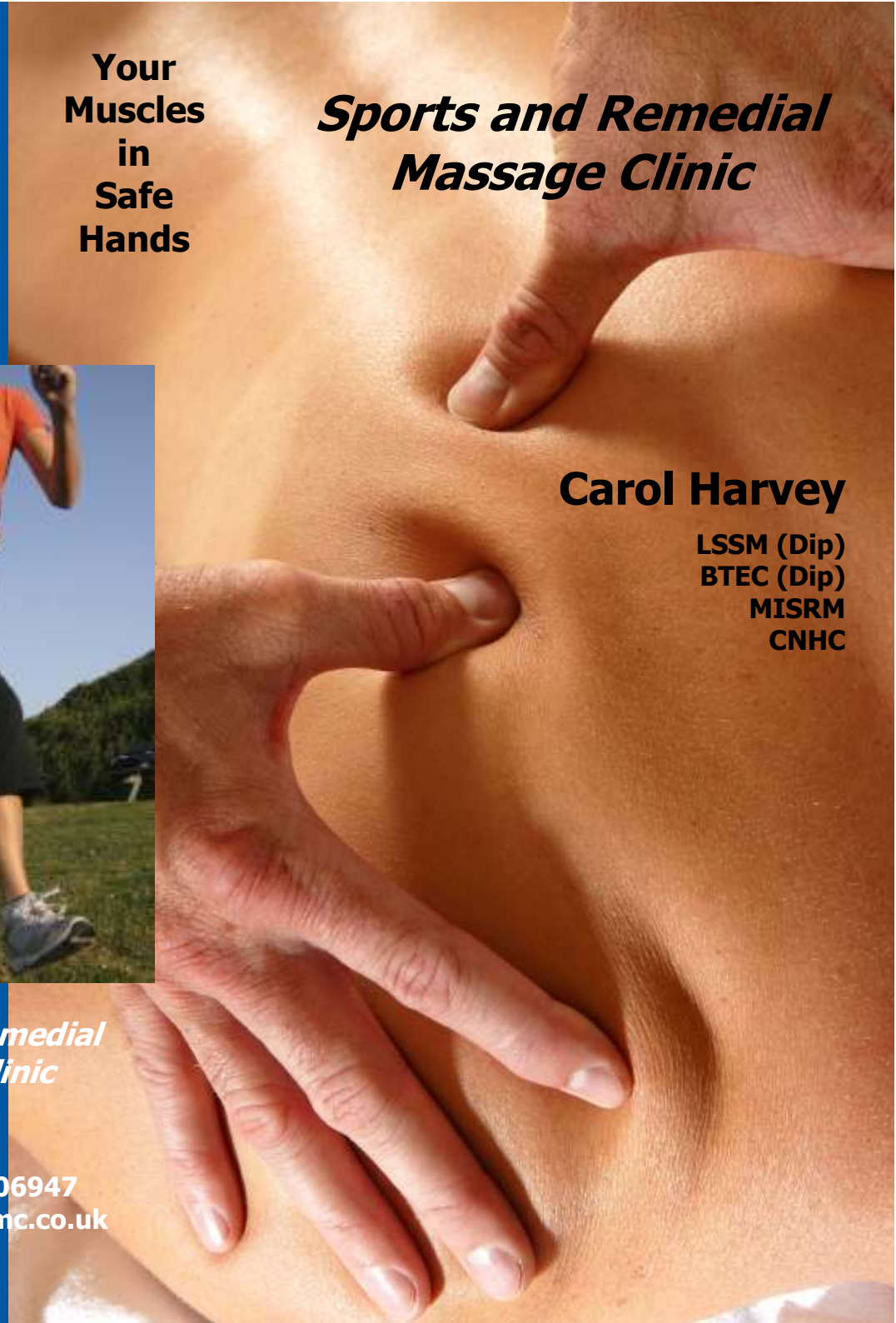
***Sports and Remedial
Massage Clinic***

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The Benefit of Massage can help performance and allow you to train and develop more rapidly in your chosen sport. It can be incorporated into your training programme and used pre-competition.

During competition it can help you perform at the highest level and after the event it can help with your recovery.

If you are not involved in sport our treatments can still be of benefit. We all have muscles which are used in a number of ways. Whether walking, gardening, lifting or painting, muscle pain is common to us all and massage can help ease that pain.

Massage is also well known to help prevent injury and if injured help in the recovery process.

When you travel it can also help your body cope with the rigours involved with inactivity and ensure you are ready for action when you arrive at your destination.



"Massage helps keep me at the top of my game and enables me to enjoy sport as well as my life outside of sport"

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The Benefits of massage:

- **The relaxation effect can help in your preparation for sport**
- **Can increase or decrease muscle length and tone**
- **Work on nerve endings to stimulate or sedate them as required**
- **Ease muscle aches and tensions to enable you to play more sport**
- **Help you remove metabolic waste**
- **Improve your circulation and lymphatic flow**

"Whatever your competitive level, or even if you don't play sport at all, massage can help you cope with exercise, whether it is in the garden, going to the shops, enjoying a cycle ride or playing sport. If you have any questions or feel I can help you in any way then please either call me on 07781 106947 or email me at info@srmc.co.uk."

Carol Harvey