



hadleighphysiotherapy

## Massage at Hadleigh Physiotherapy

Whether you are after relaxation or relief from painful muscles, our soft tissue therapist Kerry, offers Sports & Swedish Massage.

### ***What are the benefits of massage?***

Massage is beneficial on both a physical and emotional level. It is a great method of relaxation, eases aches and pains and gives an overall sense of well-being. For athletes and those who exercise regularly it can be used before an event to stimulate the muscles and after the event to ease tired or injured muscles. During training, massage helps to identify niggles and prevents them becoming injuries.

### ***What is the difference between Sports & Swedish Massage?***

**Swedish Massage** uses long slow sweeping strokes to bring a sense of relaxation.



**Why not  
treat a  
loved one  
with a  
Gift  
Voucher?**

**Sports Massage**, also known as Soft Tissue Therapy, is generally more targeted to areas which are causing the client issues and can be a stronger deeper massage. It can also incorporate other techniques such as soft tissue release (STR) and muscle energy techniques (MET).

*Call the practice on 01473 810185 to book your appointment or purchase a Gift Voucher.*

**Sports Massage – not just for Sports People.**