

CALL US ON 01792 896142

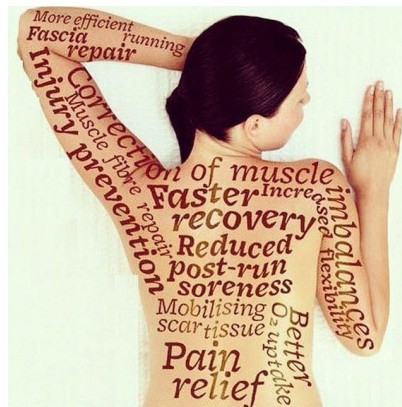


Newsletter

Issue 3 September 2017
Elinor and Megan Jones



Sports Massage



We are pleased to announce via this newsletter that we have added more days/ times to the sports massage schedule at Swansea Physiotherapy Ltd.

- Tuesday @ Village Hotel 12pm-8pm
- Wednesday @ West Cross 1pm-5pm
- Thursday @ Village Hotel 12pm-8pm
- Friday @ Village Hotel 1pm-7pm
- Saturday @ Village Hotel 9am-1pm

September/October Offers

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- 30 Mins - £20.00
- 60 Mins – £30.00

Who Can Benefit from a Sports Massage?

Sports massage aids athletes in preparing their bodies for optimal performance, recover after a sporting event, or functioning well during a training session. It emphasizes prevention and healing of injuries to the muscles, tendons and ligaments.

However, you don't have to be an athlete to feel the benefits! Muscular tension, stress and fatigue can affect everyone at any age, whether you're an elite or recreational athlete, office worker, hairdresser, gardener, busy housewife, or if you drive for a living. Active or sedentary – you should find massage beneficial. Sports massage is also good for people with injuries, chronic pain or restricted range of motion.

Benefits of a Sports Massage

Physiological benefits:

- Restores mobility to soft tissue that has become adhered
- Reduces muscle tension
- Increases range of motion of joints
- Boosts the immune system due to an increase in the flow of lymph
- Improves circulation in the muscles, which increases the flow of nutrients to the cells and removes waste products
- Reduces inflammation
- Remodels scar tissue

Psychological benefits:

- Increases relaxation
- Improves moods
- Reduces anxiety
- Promotes energy

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We offer a Sports Massage Loyalty Card with a stamp for every 30 minutes of massage – 8 stamps and you're eligible for a free 30 mins massage!

Megan Jones BSc (Hons) & Elinor Jones BSc (Hons), September 2017

**CONTACT 01792 896142 OR BOOK ONLINE AT
WWW.SWANSEA-PHYSIOTHERAPY.CO.UK**