



TRANSALP 2015.

Who would benefit?

Soft tissue therapy is not just beneficial for people participating in sport and has numerous benefits for most people. It can help relieve the day to day issues that most people experience including repetitive strain issues, sprains, tension and fatigue.

“Thank you so much, I am pain free for the first time in ages and am enjoying riding my bike again”
Sally, Faversham.

About Me:

I have a background in nursing and sport & exercise science. I studied at the prestigious North London School of Sports Massage to successfully gain a Level 5 Professional Diploma.

I am a passionate cyclist, having raced and ridden in the UK and numerous other countries for over 30 years. I also competed in athletics and played rugby for 10 years. I also enjoy climbing and kayaking. I am a qualified British Cycling Level 2 general and mountain bike coach.

I am a member of the Sport Massage Association and am CNHC registered.

I have also undertaken BikeFit Pro training and can provide Bike Fit services to optimise your cycling position.

Contact Me:



**SPORT &
REMEDIAL
MASSAGE.**

Understanding your needs.



Simon Allum.

What is Sport & Remedial Massage?

Sports and remedial massage is often referred to as soft tissue therapy and is the management, manipulation and rehabilitation of the soft tissues of the body including the muscles, tendons and ligaments.

What to expect:

The first session will include a postural and range of movement assessment as appropriate. This will ensure that I can provide you with the most appropriate therapy to meet your individual needs.

I will discuss my assessment findings with you and we will agree appropriate treatment goals to meet your short, medium and long term aims.

The techniques used have been developed to ensure that effective and efficient results are gained from each massage session. Treatments will include the full range of appropriate sport and remedial massage techniques and may include:

- Soft Tissue Release
- Muscle Energy Techniques
- Trigger Point Therapy
- Positional Release
- Kinesio Taping for sport and/or remedial purposes

At the end of the session we will discuss homecare advice to ensure that you maximise the benefit of each treatment.



What are the benefits:

Soft tissue therapists' work with a wide range of people assisting with preventive treatment and injury recovery. The numerous positive benefits include:

- Reducing pain and muscle tension
- Early detection and treatment of soft tissue issues.
- Improving circulation and lymphatic flow.
- Assisting the removal of metabolic waste.
- Relaxing or stimulating nerve endings.
- Increasing or decreasing muscle tone.
- Increasing or decreasing muscle length.
- Remodelling scar tissue when required.
- Assisting psychological well-being.
- Preparation for sporting events.