

## About the Clinic

We are remedial massage therapists specialising in Sport and Remedial Massage where each treatment is tailored to the individual's needs.

Through the use of a deep form of soft tissue massage coupled with specific techniques tailored to treat the stress, tension and fatigue that occurs through occupational, recreational or sporting activities we aim to ensure that you receive the best possible relief for your particular area of concern and those tired, sore, aching or damaged muscles.

By receiving regular massage treatments we can help you prevent a problem area developing into a more serious and or longer term condition. As we all have the same musculoskeletal system these treatments can be beneficial to anyone, whether or not they partake in serious/frequent sporting activities or simply have general muscular issues they would like addressed.

Appointments are available 8am to 8pm Monday to Friday and 8am to 6pm Saturday. Appointments outside of these times, on Sundays and home treatments, may be made by arrangement.

To book a treatment or to find out more simply call on tel **01481 724723** or mobile **07781 106947**, email [info@srmc.co.uk](mailto:info@srmc.co.uk) or visit our website [srmc.co.uk](http://srmc.co.uk) and complete the contact page.



## Your muscles in safe hands



## Sport and Remedial Massage Clinic



Tel: **01481 724723**  
Mobile: **07781 106947**  
Email: [info@srmc.co.uk](mailto:info@srmc.co.uk)  
[www.srmc.co.uk](http://www.srmc.co.uk)

Caroline House  
Collings Road  
St Peter Port  
Guernsey, GY1 1FJ

*Remedial & Deep Tissue Massage*  
*Pre & Post Natal Massage*  
*Seated Acupressure Massage*

## Remedial & Deep Tissue Massage

### What is Remedial Massage?

"Remedial" massage therapy, simply means using manual therapy techniques to try to "remedy" a problem. But to offer a remedy you must do more than just relieve pain; you must also be able to understand how the problem came about and how it can be avoided in the future. Some examples of the conditions which can be treated and helped are, musculoskeletal issues such as back and neck pain, headaches (including migraine), irritable bowel syndrome, constipation, Reynaud's Syndrome, whiplash, frozen shoulder, tennis and golfers elbow.

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 to ease that pain. It is also very beneficial in aiding relief from stress, tension and fatigue regardless of your level of activity and whether or not this is caused through sporting, recreational or occupational activity.



### How does Deep Tissue Massage differ from other massage treatments?

This form of massage is a specialist area within Remedial massage therapy which applies all the same techniques and principles in a way that best meet the specific needs of the athlete. Through gaining an understanding of how a problem is caused it is possible to give treatments and put forward suggestions on how problems can be avoided in the future as well as suggest ways in which particular symptoms can be alleviated.

### What benefits will I gain from Sport & Remedial Massage?

Sport massage can help to relieve the stress and tension which hinders the achievement of optimum performance, as well as reducing the likelihood of incurring injury during exercise. The use of the deep tissue techniques can be particularly effective when treating minor soft tissue problems and help to speed up the recovery time and aid rehabilitation should an injury occur. Through maintaining the full range of movement and increased muscle flexibility any niggling aches and pains can be managed before they develop into more serious overuse injuries. Benefits can also be gained both pre and post event whether your needs are for stimulation, relaxation or recovery.

## Pre & Post Natal Massage

### What are the benefits of Pre & Post-natal Massage?

Regular massage therapy during pregnancy and after the birth can relieve many of the aches and pains that are associated with pregnancy, such as back pain, headaches, leg cramps and abdominal pain. Massage can also provide relaxation for a stressed-out and anxious mum-to-be.

### When should I have a Prenatal Massage?

Prenatal massage is recommended from the start of your second trimester onwards. Please note that it is intended to support and not replace the essential antenatal care provided by your GP, Midwife or Obstetrician.

### What should I consider before having a Prenatal Massage?

In general prenatal massage has far more benefits than risks, However, as with any therapeutic approach the best way to address any concerns the mum-to-be may have is to discuss massage therapy with their GP, Midwife or Obstetrician prior to booking a treatment. It is also beneficial to discuss the treatment with the massage therapist.

### What are Pre & Post-natal Massage treatments like?

As with all our treatments each massage treatment is tailored to the individual and a detailed consultation will be carried out during your first appointment in order to create the treatment just for you. Further discussion and feedback will always take place at the beginning of any further treatments. Our primary concern throughout the treatment is your comfort and safety. To this end we have specially designed prenatal massage couches available.

### How often should I have a treatment?

That depends entirely on you. Some clients gain benefit from regular and frequent treatments, while others find that a treatment every few weeks works well for them. As with everything the frequency will be tailored to the individual's requirements.

### Are there any side effects post massage?

In general there are very few negative side effects and most of any side effects can be avoided by taking some simple steps. It is helpful if you avoid eating immediately before a massage and after the massage sit up carefully and stand up off the couch slowly. At times muscle soreness may be experienced but this is generally the result of not getting enough fluid after a massage. To avoid this drink plenty of water in the first two hours after the massage.

### Incorporating massage into your Prenatal Care

The benefits of massage can improve overall prenatal health for many pregnant women. Along with the guidance and advice of your GP, Midwife and Obstetrician, massage therapy can be incorporated into routine prenatal care in order to help enhance your pregnancy experience.

## Seated Acupressure Massage

### What is Seated Acupressure Massage?

This form of massage works on the muscular, circulation and nervous systems, stimulating over 60 specific pressure points on the head, neck, shoulders, back and arms. These short acupressure massage treatments are the perfect way to bring relaxation and energy into daily life, whether it be in the workplace, at an event or at the Sport & Remedial Massage Clinic treatment rooms.

### What are the benefits of Seated Acupressure Massage treatments?

Although not an exhaustive list Acupressure Massage has been shown to be effective for:

- Stress related muscular tension
- Skeletal problems
- Backache
- Headaches/migraines
- Reduces fatigue
- Stimulates and increases blood circulation
- Dispersal of toxins
- Improvement in the flow of energy throughout the body
- Helps key muscle groups to relax
- A decrease in blood pressure and pulse
- Aids good posture through the vertical seated position which encourages proper alignment of the vertebral column
- Improves mental focus and concentration



### What are Seated Acupressure Massage treatments like?

Treatments are designed to be received fully clothed while seated face forward in an ergonomically designed chair for optimum relaxation and comfort. The whole treatment lasts approximately 20 minutes. The therapist uses their hands, thumbs and elbows to apply pressure to the acupressure points without the need for the use of oil or lotions.

### Incorporating Seated Acupressure Massage into your normal and work life routine

Time out no matter how small is a wonderful antidote to stress and muscle tension caused by everyday work and living. As they are short concentrated sessions lasting 20 minutes they can easily be arranged to fit in with your busy diary whether delivered at your workplace or at our clinic rooms.