

Massage Treatments



My name is Angela Burnikell, I am a RRR member and I am looking for people to treat and apply new skills and techniques as my course progresses. I am 50% through the course, have passed my general massage assessment and have experience in all general massage techniques and a number of specialist techniques. Remedial massage uses a variety of manual therapy techniques to restore muscle balance and help remedy various musculoskeletal problems. Sports massage uses similar techniques and principles but applied in a way that meets the specific needs of an athlete or active person and to help them achieve their optimum performance in their chosen sport, at the gym, or for a specific race / event. Regular treatments are a good way to monitor the effects of a training program and lifestyle by being able to gauge the condition of the muscles, ligaments and tendons from one treatment to the next.

There are some key areas where sports and remedial massage would be of benefit:

- » *Prevention of injury,*
- » *Sporting or work related injury (back, neck, knee etc)*
- » *Muscular tension and aches and pains*
- » *Extremely active and /or possible over training or overuse injuries*
- » *Issues with the posture, Release of tension / generally therapeutic*
- » *Training for an event or race*
- » *Pre and post event / race massage to maximise performance and recovery etc*

Rate: £15 for a 1 hour treatment (normal 'qualified' rates are £35-45 per hour)

You can either call or email me to discuss any issues, questions or injuries or speak with me on Monday nights at the club. Please also feel free to refer my details to any friends, family or colleagues who you think may be interested or may benefit from this treatment.

Angela Burnikell BSc Hons. Studying for a Professional Diploma in Clinical Sport and Remedial Massage Therapy (Level 5) from the London School of Sport and Remedial Massage

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