

## Sports massage

Sports physio massage is proven to release and reduce tension in muscles, improve circulation and encourage the removal of waste products such as lactic acid during high intensity activity and can help to relax the body. All of this helps promote recovery and reduces the chance of muscle injury.

## Providing you with fast access to sports physio massage



The first step is to book an appointment with an experienced Sports Massage Therapist at KIMS Hospital where you can prevent or treat injury while also enhancing athletic performance.

You may also be referred for a sports massage or sports physiotherapy following a surgical procedure, to support your recovery by ensuring your post-operative care is as efficient as possible.

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### Prices & payment

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Initial assessment & treatment (60 mins)  
from £55

Follow-up treatment (30 mins)  
from £37

The above are guide prices only.

Our [terms and conditions can be found here](#).

## Consultants



Chris Andrews

Available at  
KIMS Hospital

[View profile](#)



Samantha Beckett

Available at  
KIMS Hospital

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Heather Davison

Available at  
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Wakila Hettiarachchi

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Zaryab Khan

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Mihaela Owen

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Gary Weaver

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