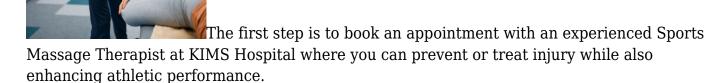


## **Sports massage**

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



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.

<? if (!empty(\$strips title)): ?>

## Prices & payment

<? endif ?> <? if (!empty(\$strips\_content)): echo \$strips\_content; endif; ?>
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** 

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Wakila Hettiarachchi

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