

## Services

What sort of treatments do sports injury rehabilitation therapists use?

The certified therapist offers combined treatments to achieve pain relief and promote healing if you are suffering or recovering from injury.

Injury Diagnosis

Core Stability functional exercises

Soft tissue manipulation

Sports Massage

Back Care Education

Exercise re-education & Muscle imbalance correction

Taping

Electrotherapy

Identification of risk factors for the development of the pain

A specialised injury treatment and exercise programme

CONTACT US FOR :

1) CORPORATE SERVICES: A Sport injury therapist assess the problem and provide effective treatment to help your employees suffering from for example repetitive strain injury.

2) Corporate events: Also provide onsite massage for festivals, racing and trade shows.

We offer Massage, Exercise Rehabilitation, Personal Training,

Posture Correction and Back Care Training for your work force.