



SPORTS FIX

Sport Injury and Rehabilitation clinic that provides musculoskeletal physiotherapy assessment, treatment and rehabilitation.

Providing you with the most effective therapy to treat and prevent musculoskeletal injuries for all ages and activity levels using the latest in treatment techniques to give you the best chance to return to health as quickly as possible.

All treatments are performed by fully qualified Sports Rehabilitator who aim to get you back fitter than you were before your injury using a relevant treatment plan that is best for you.

The Clinic provides the following services:

• Assessments	• Exercise specific to individual needs Sports specific
• Manual therapy	• Prevention and aftercare
• Mobilisations/Manipulations	• Postural re-education
• Swedish Remedial/Sports Massage Therapy	• Ergonomics
• Rehabilitation	• Appropriate stretching

Introductory offers for the clinic.

Injury assessment: 1hour £20

Treatment session: 45 minutes £18 1 hour: £22 ...treatment courses: 4 treatment sessions (to be completed within 12 weeks) 45 mins: £60 - 1 hour: £75

Sport massages: 45 mins: £15 1 hour: £20

Remedial massage: Deep tissue massages Relieves pain and tension. Helps to treat many conditions including sciatica, whiplash, frozen shoulder, general muscular aches and pains, postural/work related conditions: 45 mins: £15, 1 hour: £20.

1. Buy 2 massages get the 3rd half price!!!!
2. 10% student discount
3. 10% discount by referring a friend

Located at 466 New Hall Lane, Preston

Email: sportfix@hotmail.co.uk - or phone 07584244331 for an appointment.