

Martin Whitehouse



Sports & Remedial Massage Therapist

Martin Whitehouse (LSSM Dip)

Sports and Remedial massage therapist

UK Athletics Coach

National Standard Distance Runner



Why put up with those niggling pains, recurring injuries or chronic back pain?

Help is at hand at an affordable price.



Benefits Of Sports Massage:

- Injury prevention
- Improves recovery
- Enhances performances
- Increases self awareness
- Increased mobility
- Increases circulation
- Greater flexibility
- Reduces tension
- General relaxation

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