

# R J Parker Sports & Remedial Therapy

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## SPORTS & REMDIAL THERAPIES

### Modalities

- MSK examination and assessment (joint and muscle testing),
- Soft Tissue Therapies: STR, NMT TrPT, PNF, METs, Myofascial, etc.
- Electrotherapies : ultrasound, NMES, TENs & Interferential.
- Dry Needling (Acupuncture)
- Myofascial Dry Cupping Therapy
- Theromodalities (Hot & Cold therapy)
- Kinesiology taping
- Sports Strapping & Taping
- Postural & basic Gait Analysis,
- Sports Massage.
- Remedial Massage.
- Rehabilitation programmes for sports & exercise.

## MASSAGE THERAPIES

### Holistic Massage

Based on Swedish Massage Techniques, incorporating deep tissue and myofascial techniques for the perfect therapeutic experience

### Hot Stone Therapy

It is a different style of massage which less invasive and more gentle, and yet reaches deep into the tissues, unwinding the body and assisting in a deep detox.

### Pregnancy Complementary Therapy

From First Trimester to full term specialised complementary massage including reflexology, supporting Mum-to-be & Baby throughout their journey.

## HOLTISIC THERAPIES

### Reflexology

Reflexology is a non-invasive complementary health therapy that can be effective in promoting deep relaxation and wellbeing; by reducing stress in people's lives can be key in optimising good health and building resilience

### Aromareflex

Aromareflex combines the power of essential oils and Reflexology together you will receive a full reflexology treatment and to enhance the benefit of the treatment you will have a blend of oils chosen for just for you. It an extremely relaxing and nurturing experience.