Realise Your Potential



A joined-up approach...

Synergy 365 also has access to a network of health and fitness professionals to provide you with a comprehensive, joined-up approach to your health and wellbeing. Your therapist is qualified to discuss health, fitness and lifestyle goals and provide specific advice to help you get there.

David Bailey

VTCT Dip. Level 3 Sports Massage Therapy

BSc (Hons) Sport & Exercise Science

For further information or to book an appointment please contact me at:

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Price List

Initial consultation & sports massage treatment (compulsory for all new clients)

60 mins £35

Follow-up sports massage treatments

45 mins £35

Treatments include hands-on massage, any necessary postural and joint assessment, stretching and remedial exercise advice as required.

On your marks, get set.....GO!









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What is Sports Massage?

Sports massage is a form of massage involving the manipulation of soft tissue designed to benefit a person engaged in regular physical activity.



Benefits of Sports Massage:

- Assists in removal of metabolic waste that causes soreness and stiffness.
- ✓ Improves pliability of muscle tissue to benefit range of motion and flexibility.
- ✓ Relieves stress and tension in tight muscles.
- Frees up muscle adhesions and softens scar tissue.
- Promotes relaxation and endorphin production which improves mood and stress levels.
- ✓ Boosts performance and functional efficiency.
- ✓ Facilitates good posture.



What type of massage do you require?

Maintenance – scheduled on a regular basis to keep your muscles functioning optimally, feeling loose and free from potential injury.

Pre-Event – scheduled a couple days prior to a race or event. It is delivered with a softer touch than a maintenance massage to avoid any potential soreness.

Post-Event – scheduled immediately after or within a day or two of finishing an event to facilitate improved recovery and reduced Delayed Onset Muscle Soreness (DOMS).



What to expect at your initial consultation...

Health Assessment – all new clients will be required to complete a health screening questionnaire and have their blood pressure taken.



Postural assessment – to identify imbalances or abnormalities that could contribute to pain, discomfort or improper body mechanics.

Range of motion analysis – to determine freedom of movement, potential restrictions to movement and markers for comparison before and after treatments.

Treatment plan – previous injuries, treatment histories, lifestyle and other contributing factors will be explored.

Post treatment advice - remedial exercises and stretches may be shown at the end of the massage for clients to complete in their own time.

What to wear...

Clients are advised to wear suitable underwear and loosefitting shorts. Towels and pillows will be used for comfort and to protect the client's dignity at all times.