

The Confident

sports & remedial massage clinic

3, St James Street, Halifax, Hx1 5SU - Tel: 01422 380251

We perform body movements usually in a pain free environment. However some muscle groups may shorten due to over use or conversely waste away due to Inactivity, creating strain patterns as a result.



REMEDIAL
MASSAGE
THERAPY



Many of these muscular imbalances can be a source of acute pain due to the different demands placed upon them. Deep Tissue massage treatment, rearranges the length of the affected muscle groups and fibres, easing the pain and discomfort, consequently restoring a healthy balance.

The following conditions are all treated at the clinic

back, neck and shoulder problems, sciatic pain,
hip's, knee's as well as foot & ankle conditions.

Sports Massage and Treatments

The clinic has a range of treatments to promote healing for typical injuries such as;
tennis & golfers elbow,
muscle strains, hamstrings, ankle Injuries, etc.

Electro Therapy Treatment i.e. Infra red, TENS as well as ultra sound is used to treat a wide range of clinical conditions

- Sprained and torn ligaments
- Inflamed tendons and tendon sheaths
- Surface & soft tissue traumas
- Scar tissue sensitivity and tension
- Strained and torn muscles
- Muscle spasm (cramp)
- Plantar fasciitis (pain around the heel)



If you are unfortunate enough to sustain a sporting injury,
The Confident Sports & Remedial Massage Clinic
is perfectly placed to assist with recovery,
with a range of remedial massage and electro therapy
treatments at reasonable prices!