

My name is Scott Read I am the sports therapist within the gymnastics club. I have 4 years' experience within this industry, previously working with Maidstone united football club, and also working within gyms and a chiropractor clinic. So my knowledge working with sporting people is vast and I find this side of the industry interesting and rewarding on my part. I am also studying to become an osteopath to broaden my knowledge and abilities, so I can treat more people with a vast range of conditions.

Sports Massage can help all walks of life from young to the elderly, from day to day to sporting activities.

Within the club my sports massage I can offer:

- Treatment from sporting injuries
- Relaxation of tight overused muscles
- Improve circulation
- Increase movement and mobility of joints
- Increase in knowledge of injuries and great exercises and stretches for prevention

Also working along side the coaches and gymnastic team I can help keep the members' injury free and help to maintain them injury free. Also help the members to improve their skills and abilities, throughout all areas within the club. I also can give advice not just to the members but also the coaching team help with improvements.

So the sports massage is a great asset to the club, for guidance, improvement and over all well being of the members and coaches throughout. So please come ask me for advice or anything that you may problems with.

Thanks

Scott