



K C Sports Massage

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We are pleased to offer members of Old Hill Cricket Club treatments at a discounted rate.

- **Sports Massage** 1 hr = £25 (members)
£20 (players)

Sports massage can be used to aid recovery from injury, or as part of a long term training programme :

- * Faster recovery from micro damage and trauma
- * Increased flexibility and range of motion
- * Relief from fatigue and DOMS (delayed onset of muscle soreness)
- * Reduced injury healing time
- * Improved circulation
- * Reduced muscle tension, cramping and inflammation post event

Sports massage can also be used for remedial purposes for non sport related aches and pains that can occur ie: poor posture, following a car accident, work related strain, carrying young children!

- **Therapeutic Massage** 1 hr = £25 (members)
£20 (players)

Therapeutic massage promotes relaxation and may help to ease stress and tension:

- * Relief from stress, anxiety and tension
- * Improved sleep
- * Promotes relaxation
- * General sense of health and well-being

Our clinic is based at: Fitness4Less, 206 Thorns Road, Brierley Hill, DY5 2JY

Membership cards will need to be shown in order to receive club discount.



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