

The Trading Post



The Physio Place based in Next Generation Health Club, Westbury-on-Trym is offering all BMF members a discount rate for physiotherapy assessment and treatment. Treatment can help with all sports injuries, back and neck pain, work related and postural problems. To book your appointment call Jemma, physio and fellow BMF member, on 07984203698 or log onto www.thephysioplacement.com and email.

Regular running analysis evenings will also be taking place. If you're interested in having this done email Jemma@thephysioplacement.com and she will make sure you know when the next one is scheduled.



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**VALE
SPORTS THERAPY**

Vale Sports Therapy are a young dynamic sports therapy company based in the Vale of Glamorgan who specialise in sports massage.

Sports massage tends to be a deeper and more intense form of massage. It is based on the various elements of Swedish massage and often incorporates a combination of other techniques involving stretching, compression, friction, toning, and trigger point techniques similar to Acupressure and Shiatsu. The skilled therapist brings together this blend of techniques, knowledge and advice during treatment, to work effectively with the client to bring about optimum performance and to provide injury-free training and minimise post event injuries.

Mark and Delme have worked with many different sporting athletes; however they've found that it is the general public who are in the most need of sports massage. Sports massage is

great for people with postural problems, repetitive strain injuries, chronic pain or restricted range of motion.

The benefits of sports massage are many, some of the benefits include:

Improve circulation & lymphatic flow

Assist in the removal of metabolic waste

Increase or decrease muscle tone

Increase or decrease muscle length

Improve posture

Assist in mental preparation for sporting participation

Vale Sports Therapy are based at:

Barefoot Studio, Cowbridge

Fitness Factory Cymru, Cardiff

John Bruno Total Training Studio, Penarth

