

## Samantha Cox

### Sports Massage Therapist

Extremely useful in the management of any soft tissue problems, either chronic or acute, and importantly the *prevention* of injuries occurring. The sorts of injuries helped by sports massage include any muscle strain (i.e. hamstrings, quadriceps, calf muscles, lower back, and shoulders), ligament and tendon problems and many more.

#### **Deep tissue massage**

This can be used either as prevention or to treat soft tissue damage. Helps to speed recovery from injury and prevent overuse injuries (where the body does not have time to repair muscles tears before next activity is undertaken)

½ hour treatment      £20.00

1 hour treatment      £35.00

Treatments can be received in Chippenham in a specially designed treatment room or for treatments lasting an hour or a mobile service may be possible.

Samantha also works at the Park Lane Practice in Chippenham on Saturday mornings.



Corsham Running Club members benefit from a 15% discount on the prices quoted above, please quote REF: CRC OFFER when booking your treatment.

Samantha has a VTCT Diploma in Sports Massage Therapy and is fully insured.

Please call **07776 235 553** to arrange your appointment.

