

Check out my MARCH newsletter - with links to a great new RESOURCE LIBRARY with Patient Advice Leaflets for you!



It's March! Get a SPRING in your step with these guides to staying well!

If you are out training for the marathon, or just a Park Run, it pays to look after yourself to avoid injuries



7 Secrets Prevent Hamstring Strain

Office workers who exercise are particularly prone to hammy problems. Check out my [Blog about Hamstring strains](#), and my [Resource Library](#) for a guide to helping you stay mobile!

Running Injuries and Treatment

Check out my [blog about Running injuries](#), seeing as it is the time of year when people move outside and start training for competition. I have posted sets of treatment advice on my [Resource Library](#) to help you prevent or treat the 6 most common injuries linked to running: Achilles Tendinopathy, Runners Knee, Hamstring injuries, ITB Syndrome, Shin Splints and Plantar Fasciitis.



07710 314432

My Therapies

- Sports Massage
- Remedial Massage
- Soft Tissue Therapy
- Therapeutic Massage

My Locations

- * Holborn clinic
- * South Ealing studio

My Prices

One-off fee is £65 in town and £55 in west London.

* 6 for the price of 5 if you pay in advance!

* Just £50 if you see me in Holborn monthly & pay by Standing Order!

* £45 in South Ealing!

** £25 introductory offer in South Ealing! Tell your friends!*

Opening Times

weekdays 8am-9pm

sat morns and sun eves

Holborn tues/ fris

My Calendar

Click [here](#) to see my calendar

Cancellations at less than 24 hours unfortunately



Save Martin's Calendar to you desktop

Want to book a session with Martin but can't work out when to come? Save time and check [Martin's calendar](#) on his website, showing when and where he is free. Then text him to reserve the time you want!

If you save this URL to your desktop on your phone, Ipad or computer you get a nice Martin logo app!



incur the full cost of the session. This is usual business practice.

My Reviews

"Brilliant Service. If you have muscular injuries/pains - Martin is your man. "

" I try to see him at least once a month and as a result I'm pain free. "

"Knowledgable, calm and peaceful setting."

"The calm ambience is a bonus"

Did you like this newsletter? Tell me what you want to read about! As you know I am a keen researcher and interested in learning more myself.

Forward this newsletter to a friend who you think should see me!

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