



## It's Summer's last hurrah!

And if you have been active you may be interested in my Blogs on my website - one on Tennis Injuries, specifically Ankle Sprains and Tennis Elbow, and a more general one that everyone would be interested in, on Shoulder Impingement Syndrome!



## Feeling the pinch?

The recent [Blog on my website](#) describes something that may trouble you from time to time, and how it can be treated. If you go to my [Resource Library](#), there is a Patient Advice Leaflet with specific guidance and exercises for rehabilitation.

It doesn't have to dominate your life any more!



**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 £70 in town and £60 in west London.

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

\* Just £60 if you see me in Holborn monthly & pay by Standing Order!

\* £50 in South Ealing!

*\* £40 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 incur the full cost of the session. This is usual business practice



## Don't let Tennis injuries sideline you

Tennis is a great way to get fit and satisfy a competitive streak, but [my Blog](#) points out you may be vulnerable to acute injuries like ankle sprains, or chronic overuse, like Tennis Elbow (or even Shoulder Impingement above!).

There are also a couple of Patient Advice Notes on these in [my Resource Library](#).

Happy reading!



## On my website my Prices went up - but regulars keep old prices until the end of the year!

The cost of everything always keeps going up, and I have to pay for the £3k I spend each year on training. However, I want to acknowledge the loyalty of my regular customers.

*So, everyone that has had a standing order or paid 6-for-5 sessions in 2018 can keep the same prices until the end of the year*

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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Sports & Remedial Massage and Soft Tissue Therapy 07710 314432



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"

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