



Autumn is underway!

As it gets muddy underfoot, watch out for slips and jerks, whether walking your dog, or tackling on the pitch!

This month I focus on soccer injuries, though you can sprain an ankle or tear a hamstring in the gym too!



Game On - avoiding pitch injuries

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

- * ACL injuries (knee ligament sprains)
- * Ankle Sprains
- * Contusions
- * Groin Pain
- * Hamstring Strains
- * and Meniscus Injuries (more knee trouble!)

Don't waste time and get running about again asap!



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

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!

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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