

Enjoy the summer! Take time out!

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This month the focus is on managing chronic pain. About 20% of the population experience chronic pain at any time.

Pain that lasts for months or even years is exhausting. Lack of sleep, anxiety and depression often feature too, leading to frustration and problems with relationships.

It takes a team to manage chronic pain well - no-one should feel they have to do it on their own. Massage and Physical Therapists can combine mentoring with practical exercise advice and mobilisation based on your current level, and reducing counter-productive stress.

Click on the highlighted text to check out my [Blog](#) and [Resource Library](#) where I have some leaflets to help you, whatever your current health, including ones on:

[Newsletter - the Strain of Pain](#) - introducing the subject

[The Vicious Cycle](#) of Chronic Pain in a diagram

[Bio-psycho-social explanation](#) for Chronic Pain

[Understanding Chronic Pain](#) mechanisms

[How Pain affects your life](#) statistics

[Skills to cultivate](#) to manage Chronic Pain

[How Physical Therapy can help](#) you manage Chronic Pain

[Building physical activity into your daily life](#)

Practical [Tips on managing activity levels](#)

A [Daily Activity Diary](#) for managing your chronic pain

and a Final Thought on [Relaxation for Chronic Pain!](#)

I hope it is useful. Don't hesitate to contact me if you would like to build a project with me to manage your chronic pain!





Give the Gift of Massage Anytime!

Do you know someone who's had a tough year who needs to take a bit of time out for themselves, but just won't do it?

If so, why not think about buying them a gift certificate or some vouchers towards a massage?

Not just for Christmas!

Massage is proven to reduce stress, lower blood pressure, relieve pain, reduce anxiety and promote relaxation. It is an ideal birthday gift.

It is low-carbon, promotes local business and won't sit unused on the shelf! One of the few things that feels good AND is good for you!

[I have gift certificates and gift vouchers available](#) and can work with you to find the perfect custom-solution whether the gift is for a friend or loved one.

Contact me for details on 07710 314432



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 fridays

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.

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"



THE ASSOCIATION FOR
SOFT TISSUE THERAPISTS



This e-mail has been sent to martin.mccloghry@gmail.com, [click here to unsubscribe](#).

