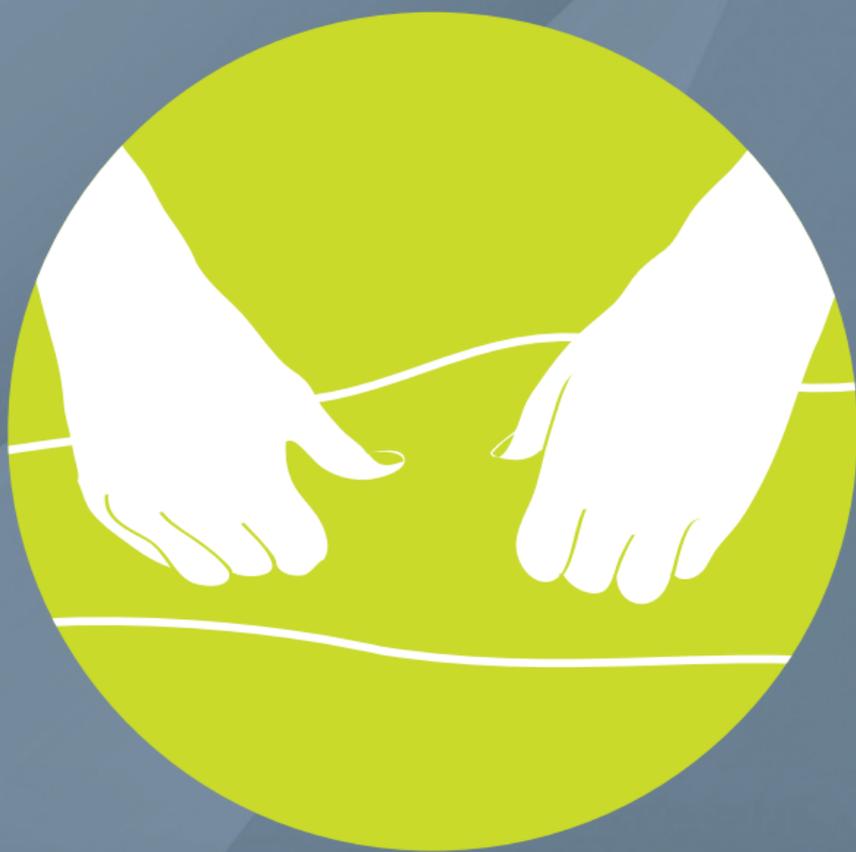


rob lambert deep tissue massage



roblambertmassage.co.uk



I am an
experienced
massage
therapist

specialising in **deep tissue**,
Swedish, **remedial** and
pregnancy massage.

I take great pride in the
successful massage
practice I have built up in
Little Bealings, Suffolk.

Most of my clients come to me
through word of mouth, and personal
recommendation. Many of my clients
have become regulars over the years, and
this long term relationship is something I
highly value, as we work together to give
them the best treatment possible each
and every time.

My clients come from all over East Anglia
and include professional sportsmen and
women, amateur sports competitors,
people who do very physical work, those
with stressful/demanding lives, people
with injuries, chronic pain patients, and
those with long term disabilities. I am
happy to see and assess anyone aged 3
to 103. I also see a lot of people for
whom standard NHS treatment has
been of limited benefit.

What is deep tissue massage (DTM)?

DTM is a highly beneficial physical therapy which looks specifically at the muscles and their related structures. By working steadily and progressively the therapist will be able to identify:

- // The root cause of any pain.
- // Areas of the body that are 'stuck' and won't move freely.
- // Structures that are misaligned.
- // Specific muscle knots and trigger points.
- // Linked areas of pain, tension and stress that will keep a problem going unless this is also addressed.
- // Referred pain pathways.

Therapy techniques include: TRIGGER POINT THERAPY, MYOFASCIAL THERAPY, MANIPULATION, flowing pressure techniques, stretching, resistance work and nerve and tissue release work.

What a treatment involves

A session is typically one hour long. There will be an opportunity to discuss specific issues or concerns, and identify the key problems that need to be addressed. We will then carry out the treatment and afterwards plan your aftercare and follow-up.



Benefits

Remarkable results can be achieved even within a single session. For some types of problems a series of sessions is more appropriate for long lasting results:

- // Pain relief
 - Back, neck and shoulder pain
 - Headaches
 - Muscle knots and trigger points
 - Repetitive strain symptoms
 - Pulled muscles
 - Chronic tension pain
 - Joint pain including arthritis
 - Whiplash
 - Scar tissue pain and adhesions
- // Relaxation
- // Improved posture
- // Improved physical performance
- // Injury prevention
- // Improved sleep
- // Improved range of movement and joint flexibility
- // Address feelings of fatigue and exhaustion.



Benefits for sports people

The benefits of regular DTM work in the sportsworld are well known and you don't have to be a professional to benefit from this intense treatment and see real results in your sport.

Whether it is a one off session to sort out a particular problem or a course of therapy work eg to support your training season, or your preparations for a particular sports events, you will definitely feel and see the benefits:

- // Injury prevention
- // Muscle flexibility to ensure free flow of body movement and optimal oxygenation of muscles
- // Targets areas of high intensity use for your particular sport eg swimmer need more upper body work, cyclists more leg work
- // Enhances performance, endurance, speed and agility.
- // Deep tissue massage is especially powerful work for those who do intensive and/or endurance sports eg cyclists, runners, swimmers, triathletes, long distance trail runners, iron man competitors, tennis players, golfers, equestrians.

COST:

1 hour session £40

Series of 5 sessions £180

(24 hour cancellation notice applies)

“Invest in yourself”

“I had terrible **knots** in my upper back and shoulders, from the sports that I enjoy. After just one session with Rob my muscles felt so much **looser** and **relaxed**. Would highly recommend!”

“I suffer from **tight muscles** in my legs, which affect my **balance** and can **limit movement**. After seeing Rob for my first session I noticed a real **difference** - I was able to move **more freely** almost instantly. He has a really **professional** manner and put me at **ease** through the whole process, in the **relaxing** environment of his treatment room. I can't speak highly enough of my experience!”



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Rob Lambert Massage

The Clinic Room, Mallard House,
Little Bealings, Suffolk IP13 6LT

M: 07916 137 516

roblambertmassage@yahoo.co.uk

roblambertmassage.co.uk