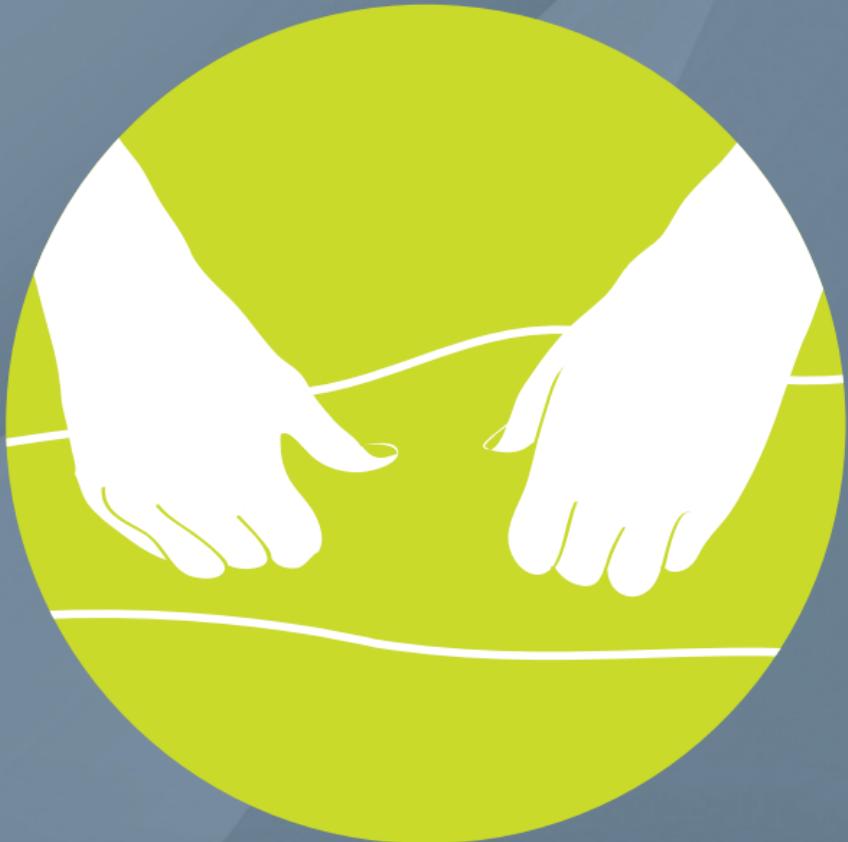


# rob lambert deep tissue massage



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[roblambertmassage.co.uk](http://roblambertmassage.co.uk)

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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 asses 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!”**



## **rob lambert massage**



### **Rob Lambert Massage**

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