



## **Rachel Martin - Remedial Sports Massage Therapist.**

Rachel studied at Sheffield Hallam University gaining a degree in communication studies but was always fascinated by anatomy and physiology. She was a champion school swimmer at school level and combines her passion for sport and wellbeing through her work as a sports massage therapist. She studied at St Marys University Twickenham where she gained an ITEC level 3 Diploma in Sports massage and a level 3 Certificate in Anatomy, Physiology and Pathology. She achieved her level 4 Sports Massage Therapy in Chester and is currently studying her Level 5. She provides specialist hands on massage therapy that provides treatment and relief to a range of soft tissue and sports related injuries. Using techniques such as connective tissue massage, myofascial release, kneading, trigger point therapy and friction, this targeted massage will help release tight muscles and relieve tension and pain.

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