

How can Massage help you?



- ◇ Relaxation & stress reduction
- ◇ Decreases aches & pains
- ◇ Prevents strains and sprains
- ◇ Speeds up healing of injured tissues
- ◇ Decreases muscle tightness
- ◇ Prepares you for activity
- ◇ Improves biomechanics
- ◇ Relieves tension headaches
- ◇ Relieves chronic back & neck pain



See attached the treatments available to suit everyone along with a list of rates.



Group or multiple booking discounts are also available



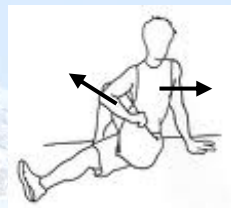
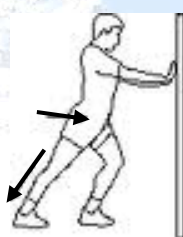
Discounts are available for Seasonaires

Home Exercises

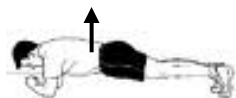
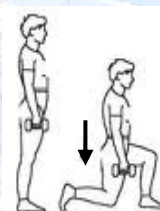
Here are some simple home exercises to help strengthen and stretch the main muscle groups you will use when you're skiing. These exercises aim to improve your skiing performance & help to prevent skiing injuries.



Hold stretches for 20 seconds repeat 5 x on each leg



3 x 10 of each strengthening exercise



I can develop Individualised exercise programmes following all Physiotherapy assessments.

Les Trois Vallées Physiotherapy & Massage Therapy

**Katie Clough Bsc MCSP
Chartered Physiotherapist
& Sports Massage Therapist**

An injury doesn't have to stop you. Physiotherapy can help get you back on the slopes.

Or, if you're simply hoping to relax and unwind, why not try a Therapeutic Massage.



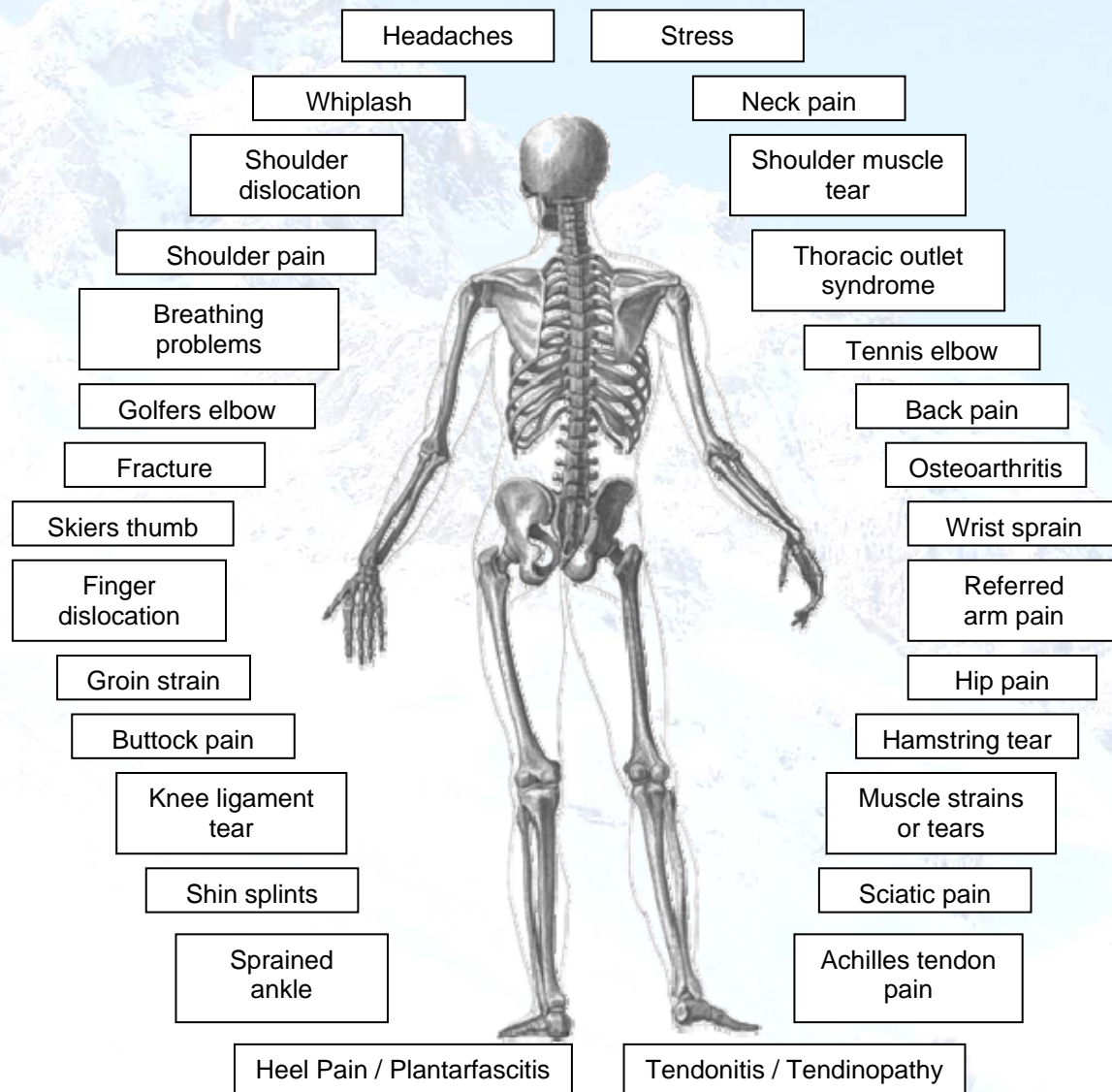
**Find me at Le Telemark Hotel, LaTania
E-mail: katiephysio@hotmail.co.uk
Telephone:**

How can Physiotherapy help you?

As a physiotherapist, I am able to assess and treat a wide range of problems from musculoskeletal sports injuries to neurological conditions and respiratory and cardiac problems.

Physiotherapy aims to not only treat your current problem but to also help you prevent problems from recurring in the future.

Do you suffer from any of these?



Physiotherapy can Help!

Physiotherapy Treatments

Therapeutic & Sports Massage

Therapeutic Massage is a relaxing experience to decrease muscle tension & reduce stress.

Sports Massage is a pre or post exercise, deep soft tissue massage with a more specific focus to particular areas, directed by yourself.

Taping & Strapping

To improve biomechanics and performance; to support new or existing injuries and to reduce or even eradicate pain, enabling function & activity.

Specific Soft Tissue Treatments

Treatment of the bodies soft tissues, using techniques such as: acupressure; trigger point release & deep transverse frictions.

Manipulations & Mobilisations

Manipulations to the spine.
Passive, accessory and neural mobilisations.

Individual Biomechanical Assessment

To assess hip, knee and foot positioning; spinal posture and the alignments of the shoulder and pelvic girdles and the surrounding musculature.

Individualised Exercise Programmes

Providing exercises and advice to improve performance and decrease risk of injury.

Core Stability Advice & Exercise

Using a Modified Pilates approach. Good core stability can improve your skiing performance whilst preventing injuries such as low back pain.