

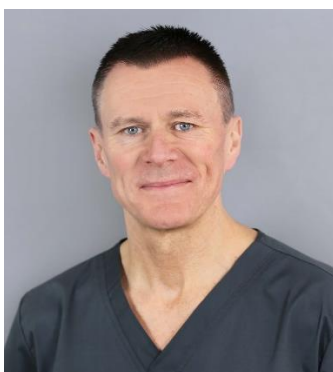


## S-FACTOR ACADEMY SPORTS THERAPY

We want our athletes in tip top condition, performing at their best. It is important to make the most of our therapists to avoid injury or strain.

### PHYSIOTHERAPY

**Gregor McFarlane** of [Physio117](#) is our club physiotherapist, who provides massage therapy, acupuncture and physiotherapy available at the following heavily discounted rates to all affiliated club athletes.



CATEGORY	DISCOUNT
<b>Athletes 16 yrs and above, in full time education*</b>	<b>£20 for 45 mins</b>
<b>Athletes under 16 yrs on free school meals*</b>	<b>£20 for 45 mins</b>
<b>All other club members (athletes, volunteers, coaches)</b>	<b>£30 for 45 mins</b>

\*Proof of status required (students show NUS student ID card, younger athletes on free school meals show documentary evidence from school)

**Treatment will be provided at:** 117 Upwood Road, London, SE12 8AL. On some occasions Greg will be willing to provide physiotherapy at Ladywell Arena, to be agreed on an ad hoc basis.

**Phone Number:** 07737433715

Before treatment, all members are required to download and complete the registration form shown here:



Physio 117  
Registration Form.pdf

Treatment should be booked at least two days in advance.

Athletes under 16 years must be accompanied by a parent/ carer/ responsible adult during any sessions.

## **MASSAGE THERAPY**

Muscle tension, muscle tightness and trauma places strain on the musculo-skeletal system. Massage therapy can help athletes recover from sports related injuries and assist with tension headaches, muscular back/ neck pain and muscle tightness using a variety of deep tissue techniques. Massage therapy can also compliment physiotherapy helping athletes to get the maximum out of their treatment and rehabilitation.

**Emily Davies** is our sports masseuse. She is a member of the Sports Massage Association (SMA) and the complementary and natural health care council (CNHCC).



Emily is available for sports massage, where booked in advance, on **Mondays 4 - 6:30 pm, £10 for 30 minutes**. Therapy will be provided in the medical room at Ladywell Arena. All athletes will need to complete a registration and consent form in advance, provided by Emily (or at reception) on request.

**Call 07803147362 to book a session.**