



rəstore

sports therapy

rəstore offers a range of tailor made sports therapy services to help maintain fitness and keep you at the peak of your performance

Services include:

Sports specific massage, maintenance massage, pre & post sports massage, training advice as well as injury prevention & rehabilitation

To ensure optimum effectiveness all of these treatments are based around each client's individual sporting needs and requirements

rəstore sports therapy is run by Mark Pascoe, a full time lecturer specializing in sports therapy and fitness related course components

Mark graduated from the University of Gloucestershire with a BSc (hons) Sport & Exercise Sciences Degree as well as gaining additional qualifications in sports massage therapy, fitness and conditioning, he has also worked for the South West England Rugby Academy (SWERA)

Phone Mark for a free no obligation consultation and fitness assesment on 07886642148 or email restore_therapy@yahoo.co.uk