

Service:		SPORTS & CLINICAL MASSAGE THERAPY	
Aim	Resolve physical injury & malfunction in muscles & joints Chris' Ethos: Take an in depth look at the whole person Analyse the problem Provide an understanding of the issue Propose a plan to resolve it Provide treatment, as required.		
When would I need one?	Chris can help you with any of the following problems: Achilles tendonitis Back problems, especially where muscle spasm is a prime consideration. Biomechanical foot problems – Vasyli trained in provision of corrective orthotics. Frozen shoulder Golfers elbow Joint restrictions caused by osteo-arthritis, stiffness, old injuries, lack of use, or postural problems. Knee pain, particularly overuse injuries Muscle strains Muscle tension dwelling in the upper back –from stress, whiplash, work or postural problems. Overuse injuries: From work, sport or just living, caused by inefficient movement patterns e.g. RSI Plantar fasciitis Remedial & recovery programmes to rehabilitate chronic injuries on the mend or following surgery. Sprains; Ligament injuries to ankles, knees and facet joints. Shin splints –medial tibial stress syndrome Tennis elbow		
Is it worthwhile?	Many of our members have been assisted to a speeder recovery from injury by Chris's skills		
Details	Contact Chris Benham Operating from: The Arthur Griffiths Clinic, The Parade, Pagham, PO21 4TL Mobile: 07905 356216 Email: Christopher.benham@tiscali.co.uk Website: www.massage-chrisbenham.co.uk		
Service	Normal Cost	Members Cost	
<i>Initial Consultation & Treatment Session</i>	£35.00	£30.00	
<i>Follow up Sessions: 30 Mins</i>	£25.00	£20.00	
<i>1 Hour</i>	£30.00	£25.00	
<i>Home visits by arrangement. Discounts for regular treatments</i>			