



THE PROACTIVE MASSAGE CLINIC

SPORTS AND REMEDIAL - SOFT TISSUE SPECIALISTS - EXERCISE REFERRAL

Who We Are

Top level soft tissue injury rehab and prevention physical therapy committed to a global approach to rehab therapy for recovery and conditioning optimising a more active lifestyle for all.

Exercise Referral Service for GP's

With our ProActive approach to promoting an active lifestyle, functional fitness & specialise in Soft Tissue Remedial Therapies we offer a unique service in addressing both the physical and psychological consequences of conditions and impaired exercise abilities. With our hands-on approach and supportive 1-1 exercise programming we aim to equip your patients with the tools to avoid injury and slow symptom deterioration associated with current health conditions and re-gain their independence while improving fitness levels.

Visit our clinics conveniently
located in Central London and
Henley-On-Thames, Oxfordshire.



[REGISTER YOUR INTEREST](#)

[I'M REFERRING MY PATIENT](#)

[BOOK A CONSULTATION](#)

Contact Us

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Our Mission & Vision

OUR CORE VALUES: SAFE, HONEST AND ETHICAL

The ProActive Massage Clinic was established in 2016 with the goal of delivering efficient patient centered treatment affordable and increase public awareness of the non-surgical options available and even better to assist with injury prevention. We treat anyone from students, office & manual workers to professional athletes, each receiving bespoke advice addressing all possible factors in achieving both short and long-term health goals.

Danielle Allan

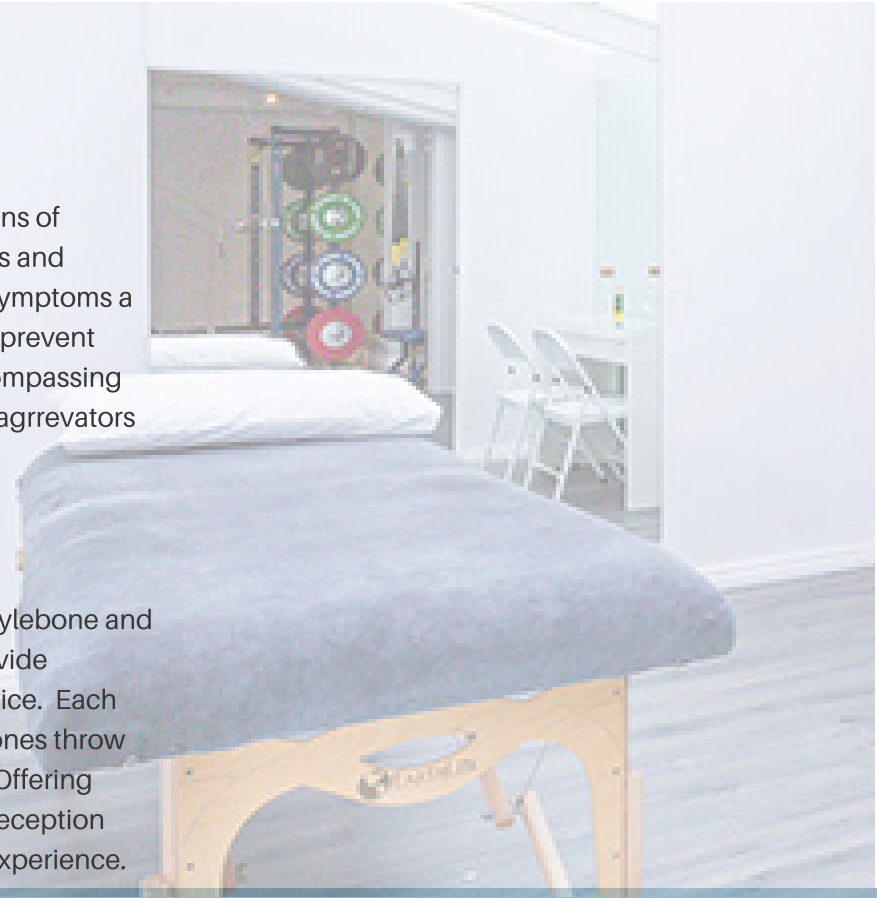
Founder and Lead Practitioner

OUR APPROACH

We understand the contraindications of exercise and pathological conditions and disease, working to not only treat symptoms a tailored global treatment plan can prevent disease degeneration with all-encompassing approach to highlight all potential aggravators from muscle imbalance nutrition

OUR LOCATIONS

Based in the heart of London's Marylebone and Henley-On-Thames our Clinics provide convenient access to top level service. Each are based within private gyms a stones throw from their respective high streets. Offering comfortable facilities and friendly reception team ensuring customer focused experience.



”
We empower our clients
to take proactive steps
in managing their own
healthcare and reach
their potential.
“

CORPORATE REWARDS & EVENTS SERVICES

Introduce a regular ProActive Massage to your staff and team-mates not only for a reward for a job well-done, but to boost further productivity and prevent fatigue, prevent injury and stay motivated with lifestyle and nutritional tips included as tailored home-care advice provided on-site.



EXERCISE REFERRAL SCHEME PROVIDERS

We can help you lead a healthier and more active life. Exercise can help to relieve symptoms of many conditions, lower your risk of falls, slow down or prevent deterioration of symptoms/condition, and re-gain independence.

Do you have one or more of these health conditions?

- Osteoarthritis
- Rheumatoid arthritis
- Joint replacement/Surgery
- Simple mechanical back pain
- Osteoporosis
- Hypertension
- hypercholesterolaemia
- Stress
- Anxiety
- Depression
- Diabetes Type 1 and Type 2
- Obesity
- Asthma
- COPD Chronic obstructive pulmonary Disease

To check for Exercise Referral Scheme eligibility simply speak to your GP or Practice Nurse and they will confirm whether you fit the referral inclusion criteria.





PROACTIVE MOVEMENT PROGRAMME

Maintaining, Promoting and Advancing Health

The ProActive Movement programme has been designed for a globally effective approach to addressing muscle imbalances, firstly assessments to identify the root cause, manual therapy for optimal pain reducing results both short and long-term, then using exercise as a complimentary tool for both strength and cardiovascular health benefits to name a few. Lengthening and strengthening under the guidance of specialised professionals for maximising performance of the functions of daily living and sporting activities of all ages, pre-existing ailments and activity levels.

Our 12 week programmes includes 9 sessions with a specialised soft tissue therapy practitioner in-keeping with NICE (National Institute for Health and Care Excellence) guidelines for manual therapy treatment protocols and 12 progressive specialised exercise programs tailored to the individual along with the tools to identify and self-manage symptoms. We consider all aspects of possible contributories, so nutrition and lifestyle tips are provided as standard. The program is built with your goals in mind and to ultimately maintain your independence and remove you from pain while actively preventing or manage health conditions or the deterioration of symptoms and associated co-morbidities developing.



A close-up photograph of a person's hand holding a green hexagonal dumbbell. The background is blurred, showing other people in a gym or studio setting.

FUNCTIONAL ASSESSEMENT

A close-up photograph of a person's hands performing soft tissue therapy on a person's back. The hands are pressing into the skin, and the background is blurred.

SOFT TISSUE THERAPY

A photograph of a person being stretched by a therapist. The therapist's hands are on the person's arm and shoulder, pulling it back. The person is wearing a pink shirt and black pants.

STRETCHING PLANS

A photograph of a man and a woman performing exercises with blue exercise balls. The man is lying on his side, and the woman is lying on her side, both smiling. They are in a gym or studio setting.

EXERCISE PLANS



FUNCTIONAL ASSESSMENT

Your Initial consultation also includes your functional assessment and treatment. It is therefore recommended to book a 90 minute appointment.

This will involve a observation of current movement patterns and allow for a visual understanding of how the body is dealing with the injury or condition identifying specific actions which induce the pain and allow the therapist to understand how the patient feels living with the discomfort and the progression stage.



SOFT TISSUE THERAPY

This module adds a unique insight of interpretation from the experience soft tissue specialist. Our therapists are trained at the highest awarding body in Sports and Soft Tissue Remedial Therapy (SMRT NLSSM Level 5). Whereby manual therapy techniques to identify areas of concern and better understand or the stage of healing and therefore allowing for an efficient treatment planning while also effectively relieving the symptoms of tension and promote the body's natural healing processes by effecting circulation and nutrient absorption to further promote muscle recovery. Manual therapy can be helpful for the treatment of joints that lack adequate mobility and range of motion in certain musculo-skeletal conditions. This limitation can cause discomfort, pain, and an alteration in function, posture, and movement. Manual physical therapy involves restoring mobility to stiff joints and reducing muscle tension in order to return the patient to more natural movement without pain.



STRETCHING PLANS

Assisted stretches are techniques utilised by manual therapy practitioners as mentioned in the previous step, however, stretches are also provided as home care for the client to complete daily and better address the muscle memory in achieving long-term improvements which require regular up-keep as a preventative measure to maintain new-found flexibility and reduce tension building up and heightening the risk of re-injury or re-strain, and ultimately, to enhance and prolong the effects of the treatment for optimal all-round symptom relief. Clients are guided through each prescribed stretch so nothing is left up to interpretation.



1-1 EXERCISE PROGRAMMING

We work with all activity levels and aim to bring exercise back to basics focusing on functionality rather than aesthetics. We provide guided exercises to suit the individual and their needs from all backgrounds. All therapists have achieved the highly reputable REPS 3 training and Exercise Referral Scheme certifications and can certainly help to progress programmes for athletes and non-active alike. Where pre-existing injury or conditions are to be considered, the therapist will explain and demonstrate all movements required and ensure the client is well informed and clear on what to expect. and home care advice will be provided as standard along with suitable nutritional tips from muscle recovery to managing co-morbidity's such as weight loss, diabetes (type 1 and 2) and blood pressure management giving them tools to confidently continue optimising their long-term health.

SELF REFERRAL

While patients may be referred for physical therapy treatment by their primary care doctor, an orthopedic surgeon, or other healthcare practitioner involved in their care, Patients can independently access our treatments by simply booking direct using our online booking system. You can rely on us for competitive rates with comprehensive treatment planning effective in addressing your needs. Many employee benefit schemes now include reimbursement of treatment costs so it is worth checking with your employer as the The ProActive Massage Clinic are a recognised licensed healthcare provider, without having to seek a written referral.



Corporate Package

Effective for the relief of postural imbalance and mental fatigue

Chair massage: the perfect antidote to workplace stress, pain and tension.

Performed through clothes and without oil, it'll leave your team relaxed, refreshed and reduce risks of musculoskeletal strain.



PRICING

Based on a 3-hr block:

(Alternative block time lengths are available, contact us for a quote)

**18 x 10 minute treatments £15
£270**

**12 x 15 minute treatments £20
£240**

**9 x 20 minute treatments £25
£225**

+ £20 travel fee.

All packages include home-care advice_

Prices quoted are discounted by frequency of booking.

We do offer one-off trials to try us out at our standard rates with no obligation.

Get in touch now for a bespoke quote for your office or event.

Sports Events/ Team Package

*Effective for pre, intra, & post event/training
Maximise Performance & Optimise Recovery*

Table massage: remedy muscles Performed over sports clothes with or without oil.



WHY CHOOSE US

Many patients arrive at their first appointment expecting to receive hot packs, ultrasound and emailed on how to complete a series of exercises. These modalities are warranted in many instances and most therapists would agree that exercise is needed to help restore muscle imbalances. However, we favour the approach the restoration of function from a different perspective. OUR therapists are interested in why a muscle isn't functioning properly and view exercise not as the driving mode of recovery but as a complement to manual therapy. Manual physical therapy is a specialised form of physical therapy delivered with the hands as opposed to a device or machine. In manual therapy, practitioners assess by hand for real-time soft tissue condition feedback (described by many a client as like being human X-rays) and manipulate joints in an attempt to decrease pain caused by muscle spasm, muscle tension, and joint dysfunction offering instant results and provide the tools of EXERCISE and stretching tips for self-management thereafter in prevention so no expensive long-term reliance or expense.



In addition, we have proudly worked in association with the following sporting organisations and events providing Specialist Remedial Soft Tissue Therapy and registered and regulating bodies and sports massage associations including the SMA.





NEURO RESPONSES & MASSAGE

BACK PAIN - PARKINSONS - FIBROMYALGIA - MENTAL FATIGUE - ADHD

Research suggests that massage can help to relieve the muscle stiffness and rigidity that is often found in Parkinson's. It can also help reduce stress, promote relaxation and enable you to identify tension in your body, and so find ways to minimise or reduce this. Tension can make symptoms worse so it is important to keep it under control.

Massage can also be invigorating and stimulating, both for the mind and body. It is important to decide what effect you want – relaxing or stimulating – before your massage session starts.

Massage can work in two ways: A mechanical action in which the muscles and soft tissues of the body have pressure applied to them or are stretched using specific movements. This can help in breaking down 'knotty', fibrous tissue, keeping joints loose and connective tissue in good repair. A reflex action in which massaging one part of the body has an effect on another part, for example massaging the neck can help with back pain causing headaches, or massaging the lower back can be a source of leg pain. This works because nerve pathways connect various parts of the body and so massage can have a 'knock on' effect enabling better sleep and achieve a better sense of overall well-being.

How can we help with neurological conditions?

- Reduced stress, anxiety and depression
- Reduced pain (acute and chronic)
- Improve digestion
- Improved flexibility and mobility
- Improved circulation and elimination of waste and toxins
- Improved quality of sleep
- Greater sense of self-awareness and well-being
- Improved vitality.

HOW COMPLEMENTARY THERAPIES HELP THE NHS & AN AGING POPULATION

COMPLEMENTARY THERAPIES TAGGED DEMENTIA CARE / GP REFERRAL / MASSAGE THERAPY / NHS

In 2017 it was announced in the Telegraph that the NHS has plans to create healthy towns, with complimentary therapists working with local GP surgeries delivering complementary therapies to patients – as a result a number of savings have been made to the local NHS through the GP Referral scheme.

Therapies over medications

The treatments are a very good way of non-medication management of many health issues, ranging from aches and pains to mental health issues, like depression and anxiety. A regular appointment with a qualified therapist is the best way to enhance a life that is often stressed and the advice given is also valuable. As a patient of the NHS with regular visits for years to get to the bottom of my shoulder pain and since having personally had treatments through the ProActive Massage Clinic. I have found that my pain has dissipated over time, and I no longer have to rely on drugs to manage my daily life. (Ben Chapman)

Charities Promote healthier choices from their own research findings.

Cancer Research UK currently offers a 6-week course of sessions at their center's and it helps their clients feel good, with the added benefit of giving them some control over their lives at a vulnerable time. Generally, massage therapy can help lift your mood, improve your sleep and enhance your well-being. There is some evidence to help support these benefits;-Women diagnosed with breast cancer who received massage therapy three times a week reported being less depressed and less angry, according to a 2005 study published in the International Journal of Neuroscience. A 2010 study published in the Journal of Alternative and Complementary Medicine found that massage boosts patients' white blood cell count (which plays a large role in defending the body from disease). Additionally, it also "improves immune function for individuals with HIV,"Massage might even help people who suffer from constipation, according to research published in the International Journal of Nursing Studies. 2009. The cost of medicines and other interventions are quite often very expensive for the NHS to administer and a regular treatment of complementary therapy can reduce the costs enormously. With regular healthy eating and exercise, together with a complementary therapy treatment, optimum health can be maintained for a very long time. Doctor Todd (one of our partner bases)A recent study explored the effect of expressive physical touch with talking about anxiety and dysfunctional behaviour in patients with dementia. The study findings are that (1) anxiety is lower immediately and (2) this intervention causes a decrease in episodes of dysfunctional behaviour. We feel that GP referrals more a cost-effective, and feel it is the most effective way of improving and maintaining patient's high quality of life.

Manual Therapy - More Than Massage

Depending on the results of the initial functional assessment and each individual patient's particular situation, the therapist may perform some or a combination of the following types of manual physical therapy: Soft Tissue Mobilisation

It is important to recognise the role of muscles and their attachments around the joints. Muscle tension can often decrease once joint motion is restored, but many times the spasm will continue to be present. In such cases, muscle tension should be addressed or the joint dysfunction may return. The goal of soft tissue mobilisation (also known as Soft Tissue Release) is to break up inelastic or fibrous muscle tissue (called 'myofascial adhesions') such as scar tissue from a back injury, move tissue fluids, and relax muscle tension. Once identified, these restrictions can be mobilised with a wide variety of techniques. These techniques often involve placing a traction force on the tight area with an attempt to restore normal texture to tissue improving circulation to establishing a better environment for tissue to heal and as a result reduce associated pain. Unlike the common association of a 'no pain no gain' rhetoric when people think of deep tissue massage (including foam rolling), we believe in using relaxing connective techniques to better prepare the muscles for deeper work as our understanding of the musculature pathology and working experience finds the more relaxed the client the the deeper pressure can be applied avoiding discomfort and achieve the longer lasting results.

Strain-Counterstrain

This technique focuses on correcting abnormal neuromuscular reflexes that cause structural and postural problems, resulting in painful 'tenderpoints'. The therapist finds the patient's position of comfort by asking the patient at what point the tenderness diminishes. The patient is held in this position of comfort for about 90 seconds, during which time asymptomatic strain is induced through mild stretching, and then slowly brought out of this position, allowing the body to reset its muscles to a normal level of tension. This normal tension in the muscles sets the stage for healing. This technique is gentle enough to be useful for back problems that are too acute or too delicate to treat with other procedures. Strain-counterstrain is tolerated quite well, especially in the acute stage, because it positions the patient opposite of the restricted barrier and towards the position of greatest comfort.

Joint Mobilisation

Patients often get diagnosed with a pulled muscle and are instructed to treat it with rest, ice and compression. While this is important in early steps from injury (72-hours) it is imperative to re-establish normal length of the injured muscle to prevent it becoming a common area of weakness and re-injury as the pain often returns because the muscle spasm is in response to a restricted joint and re-inforced its protective state which while useful in the initial period of injury is debilitating if this protective state is left to set as its muscle memory. Joint mobilisation involves loosening up the restricted joint and increasing its range of motion by providing slow velocity (i.e. speed) and increasing amplitude (i.e. distance of movement) movement directly into the barrier of a joint, moving the actual bone surfaces on each other in ways patients cannot move the joint themselves. These mobilisations should be painless to allow the muscle memory to then adopt this new length as 'safe'.

Prevention is better than cure

Routine maintenance massage:

A regular massage treatment programme can be devised by a therapist based on the individual's requirements for their sport and level of participation. It can concentrate on particular muscle groups to help to maintain or improve the range of movement and flexibility and can target any area which are likely to cause the individual trouble or injuries to assist in their prevention.

Massage for a specific event or competition:

Massage before and after an event are used for specific purposes. Pre-event massage can be used alongside a participant's warm-up to boost circulation and reduce muscle tension, whilst also assisting with mental preparation. Massage given following an event is used to enhance the body's recovery process though reducing muscle spasms and metabolic build-up. Effective pre- and post- event massage can allow a participant to return more quickly to training and competition and reduce the risk of injury.

Motivation:

Sports massage is an excellent therapy to help encourage a fast recovery and assist in injury prevention and maintain motivated to the cause. However if you have sustained an injury that is preventing you from participating in the sport that you love, or you are prevented from performing at your best due to a series of "niggles", we would recommend that you book an appointment for a assessment and treatment which can address problems in more detail.

More information can be found online at www.proactivemassage.co.uk including ways to book.