



# HERE AT THE SOLIHULL RIDING CLUB SPORTS MASSAGE THERAPY

**My exclusive availability at the Solihull Riding Club is Wednesday-Sunday by appointment only.**

- 30mins: £30
- 45mins: £35
- 60mins: £40

A longer session can be booked upon request.



Horse riding is a physically demanding sport and injuries will inevitably occur. If you're feeling stiff and sore from a long hack, a fall, refusal to jump or even just mucking out, then a sports massage will help to alleviate pain, reduce your recovery time and restore your normal muscle function more quickly.

I will release your strained back and leg muscles, as well as stiff neck and shoulders, using specific sports massage techniques.

As a result, muscles will relax and tensions in the legs/ thighs and back will reduce, thus increasing your riding performance in the long term.

**BOOK  
HERE**



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