

EAMONN DEANE^{ED}
LSSM, MISRM.

SPORT & REMEDIAL MASSAGE THERAPIST

EFFECTIVE RELIEF FROM

- *Sports Injuries
- *Shin Splints
- *Scar Tissue
- *Headaches
- * Back Stiffness
- *Neck Stiffness
- *Shoulder & Hip pain
- *Sprains & Strains

Pre & Post Event

Sports massage helps prevent those persistent over-use injuries when used as a regular part of your training regime, allowing you to concentrate on consistent training and is invaluable as a remedial treatment when you are injured to get you back training as quickly as possible, or you may just want to reward yourself after a hard week's training with a deep, relaxing massage, great to soothe away stress and tension.

I have been actively involved in sport for over 25 years:

Marathon P B 2.38.54

Ironman triathlon 8.58

Cycling: national time trial champion, 12 & 24 hours

I know what makes athletes tick!

If you want the best from yourself, invest in yourself.

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