

Sophie Monks BSc (Hons)
Sports Therapy & Sports Massage



Sophie now provides sports therapy and sports massage therapy at The Bromsgrove Chiropractic Clinic.

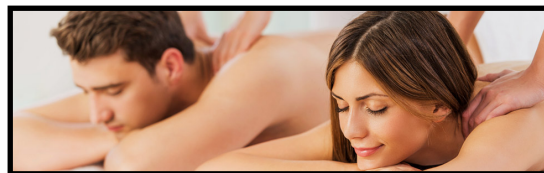
Sports Therapy

As a qualified health professional a sports therapist has acquired the skills and ability to utilise sports and exercise principles to optimise performance, recovery and provide injury prevention programmes for their patients.



Sports Massage

Chiropractic care works to realign the joints of the spine and sports massage therapy relaxes the muscles around the spine. After a massage, relaxed muscles help the joints to hold the realignment that the chiropractic adjustments have achieved, helping the chiropractic care to work quicker and more effectively.



Chiropractic treatment, sports therapy and sports massage complement one another well. Together these therapies are addressing the joints, the nerves the muscles and the subsequent rehabilitation process giving the body the best opportunity to heal and stabilise.

Sophie is registered with the society of sports therapists

To book an appointment with Sophie Monks BSc (Hons) call 01527 831467
www.bromsgrove-chiropractic.co.uk