

body&sole

MEDISPA, SKIN & BEAUTY CLINIC



*Put Yourself in
Professional Hands*

Sports Injury, Massage & Therapy

0121 323 3990

www.bodyandsoleuk.co.uk

9 Belwell Lane, Mere Green, Sutton Coldfield, B74 4AA

body & sole

TREATMENT



Meet the team

Body & Sole have two fully qualified and experienced Sports Therapists - Michael Hickmott and Chris Leary. Mike has experience in treating a number of athletes in a number of events including the Great North Run and the TRI UK Shropshire triathlon. He has also trained under the Titleist Performance Institute in order to improve golfing performance by removing physical restrictions as well as treating golfing injuries and works with many Professional Golfers and Elite Sports men and women. Chris has a wide range of past experience and knowledge working in a North London multidisciplinary practice. His work at the clinic involves helping many professional footballers including Tamworth FC and works closely with many Elite Sports Personnel.

Our aim is to free your pain

At Body & Sole, we offer therapies for the treatment and rehabilitation of injuries. Additionally clients can benefit from massage therapy and deep tissue body massage to enhance performance, aid recovery and help prevent injury. Whether you are a full time athlete, take occasional exercise or do not exercise at all, Sports Therapy is the most effective way to treat, recover from and avoid debilitating injuries.





Stay ahead of the game

Sports Injury, Massage & Therapy

We provide professional hands on evaluation of your needs and use a wide range of techniques to gain the optimum results, whether you are looking to deal with simple aches and stiffness or a more serious injury. Your treatment may involve manual therapy, massage, ultrasound, laser, stretching and remedial exercise.



Treatment and Services:

Injuries

Injury assessment, diagnosis and treatment.
Muscle & tendon strains, ligament sprains.

Back, Neck & Shoulder Pain & Injuries

Spinal and neck stiffness and injury.

Sports & Remedial Massage

A deep tissue massage that targets specific problem areas, knots & is excellent after any exercise as it helps to reduce lactic acid and post exercise stiffness.

Joint Problems

Injury, pain, swelling, stiffness, hip and knee problems, frozen shoulders, early signs of arthritis.

Sciatica

Postural Problems

Rehabilitation following Surgery

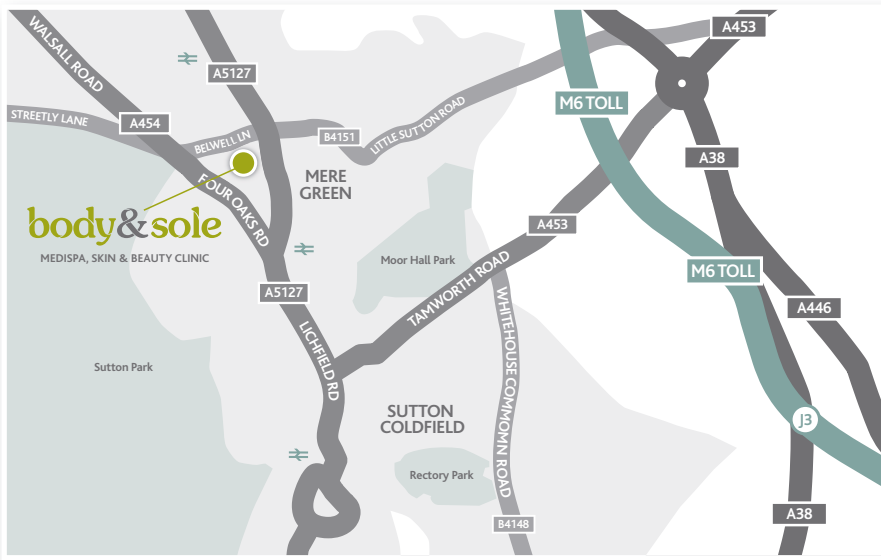
Underperformance

Improve your fitness and conditioning, speed, strength, power, endurance and balance.

Muscle, Tendon & Nerve Pain

Clinical Consultation & Treatment

Sports Therapy Consultation		£40.00
Sports and Remedial Massage	1hr	£40.00
	30mins	£25.00



Gift Vouchers

Treat someone special with a Body & Sole Gift Voucher. Elemis & Jessica products are also available for purchase at the Clinic.



Opening Hours*

Monday	9.30am - 6pm	Friday	9.30am - 6pm
Tuesday	9.30am - 6pm	Saturday	9.30am - 4pm
Wednesday	9.30am - 6pm	Sunday	Closed
Thursday	9.30am - 8pm		

Contact us to arrange an appointment

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Cancellation policy
 Should you wish to cancel or change an appointment, we request 24 hours notice or 50% of the treatment price may be charged.