

HIGH PERFORMANCE CENTRE



Services

Sport Massage

Personalised sports massage therapy provided by University Campus Doncaster Sport Science degree students. Consisting of initial assessment, treatment plan, treatment, and review. Sessions can be tailored to a number of goals such as recovery, preparation for activity and relaxation of muscles.

Our students will use a number of techniques such as deep tissue massage, soft tissue massage, massage guns & Instrument assisted soft tissue massage.

Full body 1 hour	£40
Lower body 45 min	£25
Upper body 45 min	£25

Normatec Compression Therapy

Normatec uses dynamic air compression to advance your wellness, recover faster, improve your training, and maximize your performance. Your session will include 10 minutes of warm up massage to get the most out of your session, 30 minutes of treatment, and review.

40 min session	£20
-----------------------	------------

Game Ready - Cryotherapy

For injury and post-op recovery, the dynamic, clinically proven GRPro® 2.1 System offers more benefits compared to traditional, passive RICE applications. The game ready system is industry leading and usually reserved for elite athletes. Your session will include full cryotherapy and compression too reduce pain and oedema, increase Range of motion, speed up recovery and help soothe any aches and pains from a tough competition or game. Sessions can be - Full Leg, Shoulders or Ankle.

60 min session	£30
-----------------------	------------

Site Specific Cryotherapy

Using our Aircast cryotherapy units we are able to apply compression and Ice therapy to the Ankle, Knee and shoulder to provide reduced pain, reduced swelling and increased range of motion. This may also result in speedier recovery from injury.

30 min session

€15

TENS Treatments

Utilization of Neuromuscular Electrical Stimulation (NMES) and Transcutaneous Electrical Stimulation (TENS) are the perfect prescription for enhanced muscle recovery and performance.

The combination of NMES and TENS technologies helps sore muscles after a workout or intense day recover faster and perform better. TENS NMES sessions will include up to 1 hour of treatment on selected areas, using cutting edge technology from PowerDot.

30-60 min session

€20

Ultrasound Therapy

Ultrasound therapy is a non-invasive treatment that utilises high-frequency sound waves to alleviate pain, promote tissue healing, and enhance mobility.

Its versatility and minimal side effects make it a valuable tool in treating a wide range of conditions, from sports injuries to chronic pain and arthritis. At HPC we use the Chattanooga system.

30 min treatment

€20



UNIVERSITY CAMPUS
DONCASTER