

At the High Performance Centre, we are fully equipped to provide a wide range of treatments based on the individual needs of our clients. We also have a selection of premade treatments that our clients can pick from.

All of our treatments include a posture analysis, and any Range of motion testing we may undertake based on each individual client. All of our treatments can be performed for a range of aims. Our therapists are fully equipped to provide a variety of depth levels to focus on the following aims:

Relaxation

Light

Muscle Flush

Medium

Relieve tightness & improve flexibility

Hard

Deep tissue

To really work out kinks in muscles or address 'knots' (Very hard)



Upper Body

Upper Back (30 mins)

Deep tissue massage along with the use of instrument assisted soft tissue massage helps to relieve tightness and tension in the upper back.

Areas of focus - Trapezius (Neck), Muscles around the shoulder blades and latissimus dorsi (Lats).

Upper and lower back (40 mins)

Deep tissue massage along with the use of instrument assisted soft tissue massage helps to relieve tightness and tension in the upper back.

Areas of focus - Trapezius (Neck), Muscles around the shoulder blades and latissimus dorsi (Lats).

Shoulders & Upper back (40 mins)

Deep tissue massage along with the use of instrument assisted soft tissue massage helps to relieve tightness and tension in the upper back.

Areas of focus - Trapezius (Neck), Muscles around the shoulder blades and latissimus dorsi (Lats).

Shoulders, Upper & Lower Back (60 mins)

A full back and shoulder massage, providing soft tissue therapy to the whole back and shoulders.



Lower Body

Hamstring (30 mins)

Deep tissue massage using a range of techniques and equipment to provide therapy to the Hamstring muscle group. This may also include PNF stretching. Area of focus- Hamstring muscle group, at back of the upper leg.

Calf & Achilles (30 mins)

Calves and hamstrings are quick to get tight, hard to recover and can affect performance. Our therapists are on hand to provide soft tissue therapy to these areas using a variety of techniques and equipment to increase ROM and reduce tightness in the calves.

Quadriceps (30 mins)

The quadriceps are the main muscle group in the top of the thigh, at the front of the leg. Soft tissue techniques are utilised to address tightness or pain in these areas. This may also include the hip flexor muscles and the adductors (groin).

Full Lower Body (80 mins)

All of the Lower limb treatments delivered in one session.

HIGH PERFORMANCE CENTRE
HPC
BY UCDON



Be the best version of you

With our sports massage and sports science offering, you can reach your highest potential.

Contact josh.wroot@don.ac.uk for details.