## Shawn Roche

(Master of Science Advancing Physiotherapy, Practice at Coventry University UK & certified in orthopedic Manual Therapy)

## Physiotherapy

Pain management & Rehabilitation
Kinesio - Taping for injuries, spinal manipulation (osteopathic)

## Sports Massage

Benefits: improved circulation, mobilisation of soft tissues, remodelling of scar tissue, reduction of pain, relaxation

