

Sports Doctors
Physiotherapists
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Performance Coaches
Massage Therapists
Nutritional Therapists
Sports Podiatrists
Pilates
Yoga



Jennifer Walker Sports Massage Therapist

'Massage is an essential component to any healthy lifestyle, it can reduce stress, enhance immune functioning and increase circulation and lymphatic drainage to help eliminate toxins and promote optimum tissue health and healing.'

Jenn's career began in the field of exercise rehabilitation after completing a Bachelor's degree in Sport and Exercise Science from McMaster University in Canada. Upon graduation she was involved in a dynamic multidisciplinary clinic prescribing and supervising active rehabilitation programs. These were predominately for patients injured by severe motor vehicle accidents or those injured during their participation in sport. Due to this, Jenn was inspired to pursue her career in Massage Therapy after experiencing how powerful soft tissue work is in improving her patients' wellbeing and injury recovery.

Since gaining her Massage Therapy qualifications from the Canadian College of Massage and Hydrotherapy, Jenn has treated a variety of athletes across a diverse range of sports and athletics. She has had many opportunities working with national and professional players and teams within Rugby, Football, Lacrosse and American Football. She also has extensive experience preparing individual athletes to strive for their personal bests in Triathlons, Marathons and Ironman events.



For further information or to book an appointment, please call 08447 700 800.

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