

Sports Doctors
Physiotherapists
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Massage Therapists
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Sports Podiatrists
Pilates
Yoga



Rachael Owen Sports Massage Therapist

'I believe sports massage is a necessity to injury prevention and achieving optimal performance.'

Rachael has a Dance Science Degree and a Diploma in Sports Massage from the London School of Sports Massage. As an avid dancer she developed a fascination with the posture and movement of the human body. Her knowledge and experience from the world of dance combined with her soft tissue skills are a great combination for sports massage.

Rachael previously worked in a sports injury clinic at an Austrian ski resort, treating skiers and snowboarders of all levels. Here she worked closely with the world's number one ranked snowboarder, whilst there training and competing at the resort. Rachael has a great passion for endurance sports and particularly enjoys supporting individuals through their tough training regimes.



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

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