

Sports Doctors
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Massage Therapists
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Sports Podiatrists
Pilates
Yoga



Wendy Hilton Sports Massage Therapist

'Regular massage can help people by identifying areas of muscular tightness, restoring balance to the muscles, and reducing painful symptoms by soothing nerve irritability.'

Wendy gained her qualifications in Sports Massage from the New Zealand College of Massage and has been an accredited member of the NZ Academy of Sport since 2000. Wendy has worked with British Olympic athletes and has travelled extensively with sports squads providing massage at a variety of events, such as: Athletics, Ironman, Marathons, Netball, Wheelchair Rugby and Cycling World Championships. She has also had the privilege of being the Team Therapist for New Zealand at the 2008 Paralympic Games in Beijing, and 2004 in Athens. In addition to treating athletes, Wendy has had experience of managing her own clinic and tutoring on diploma courses within New Zealand.

Wendy enjoys working with elite and competitive athletes in a variety of disciplines such as Athletics, Squash and Triathlon. She regularly treats those who are undergoing accelerated rehab programs, including post surgical and those chronically injured, enabling rapid return to training and competition. She has a great interest in muscle imbalances, postural assessment and post-operative scar healing and maturation.



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

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