

LD Sports Massage

Therapists provide a Sports Massage service and are trained to level 4 and above. They also deliver Trigger point Pilates and matwork pilates classes in numerous locations, which can help you stay mobile and injury free between visits. They work along side chiropractors, physiotherapists, personal trainers and strength coaches to offer a full package; ensuring you have the correct treatment and training plan to get the best from, life and your sport.

During lockdown they are running online Pilates. Call 07885 228 616 and you will be sent a link to join the session via Zoom. They are every day, some early morning, some lunch time and some 6.30pm.

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Facebook: <https://www.facebook.com/LDSMNewcastle/>

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