**How could your business benefit from Sports Massage and Soft Tissue Therapy?**

Sports Massage and Soft Tissue Therapy isn’t just for sportsmen and women as the name may imply.

Soft tissue is the term used to describe muscles, tendons, ligaments and fascia, which everyone has. Soft Tissue Therapy is the treatment of these tissues.

**Regular Soft Tissue Therapy for your staff could mean:**

* **Improved productivity and efficiency**
* **Reduced sick leave**
* **Increased staff retention**
* **Increased job satisfaction**

A lot of very common aches and pains such as shoulder impingement, low-back pain, neck pain and knee and hip problems can be the result of poor posture.

These issues tend to affect those who spend a lot of hours working on a computer at a desk.

At Muscle Doctor we not only restore balance through Soft Tissue Therapy but also educate our clients on how to avoid these issues in the future.

For further information about how we could improve your business through Soft Tissue Therapy in the workplace you can contact us at:

[**www.muscledr.co.uk**](http://www.muscledr.co.uk)

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