Flow Sports Therapy

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Flow Sports Therapy
Soft Tissue Therapy
Sports Injury Clinic

Frequently Asked Questions (v1.1):

Which do I need? A Sports Massage or A Sports Therapy Treatment?
A **Sports Massage Treatmen**t is perfect for general aches or fatigue from training, think of it like a maintenance, check up and service for the body. A **Sports Therapy Treatment** is ideal to treat a specific injury and will be diagnostic in its focus, involving testing various movements, muscles and joints and then a diagnosis and treatment of the specific injury or dysfunction and its cause..

What is involved in a treatment session?
A **Sports Massage Treatment** will involve hands on massage of the muscles and other soft tissue and normally incorporates some joint mobilisation and positional release, and is possible to focus on a specific area of the body if desired. A **Sports Therapy Treatment** usually looks at a specific injury or problem area and could incorporate a wider degree of treatments, depending on what is required. This might include MET's, Kinesiology Taping, Prescriptive Exercises, Sports Cupping etc.

How many treatment sessions will I need?
That is something we can discuss and see after the initial session, but it is almost certain that more than one session will be needed. Usually the first session is taken up with assessments and discovering how the patient reacts to the initial treatments provided. Injuries usually arise from repetitive faulty movement patterns over months, years or even decades!This will take time to correct and treat fully. A series of **SIX** Sports Therapy sessions is a recommended starting point, beginning weekly and then moving to bi-weekly and eventually monthly for maintenance.

What do I need to bring with me?
Please bring any relevant medical history or imaging (MRI, X-Ray etc) as this could provide important information. We will go through a patient intake form and initial physical assessment as part of the first treatment session.

What should I wear?
Please wear loose comfortable clothing, but depending what areas of the body we are working on we might need to remove some clothes. If working on the legs or hips please wear or bring loose shorts (such as running shorts), and for ladies if working on the back or shoulder area a bikini or sports bra is easiest. It is also possible to cover with towels, and you need only remove items of clothing if you feel comfortable doing so.

How can I pay?

MEMBER:

STO Sports Therapy Organisation MEMBER

SMA The Association for Soft Tissue Therapists

CIMSPA

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I currently accept Cash (Euro or Egyptian), Wise or Revolut payments (through the app. not a card machine) and bank transfer.

Can I go to the gym or do intensive exercise immediately after the treatment?
It is certainly better not to as the body will need time to recover afterwards, though of course it depends what type of treatment has been undertaken. This can be discussed on an individual basis in more detail.

What is the 'Specialist Treatment' option?
This is an option after the initial first treatment session to provide more specific treatment modalities such as TENS, Cupping or Prescriptive Exercise which usually require less time but are very specific in their set-up, equipment and treatment process.

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