

Feel Great!

PREMIERPHYSIO NEWSLETTER | MARCH 2026

Heal Hamstring Hell with Sports Massage



What's inside



You do not have to be an elite athlete to benefit from Sports Massage.

Sports Massage can help all lifestyles, from participating in professional sports events, to recreational activities such as working out in the gym, or working out in the garden with the grandchildren!

The benefits of Sport Massage include;
Identifying problem areas early on – which could lead to injury
Relieves pain
Helps improve muscle flexibility, Improves performance and promotes speedy recovery

Our Sports Massage Therapist, Cindy Li who holds clinics here at PremierPhysio on Tuesdays and Fridays says, "Whether your discomfort comes from training, work, or everyday life, I understand how frustrating it can be when your body isn't moving as it should. My aim is to help you feel more comfortable in your body, move with confidence, and get back to doing the things you enjoy."

Here, Cindy also explains more about how hamstring strains occur and how Sports Massage can help.

"Hamstring strains are one of the most common soft-tissue injuries seen in both athletes and recreationally active individuals. They are frequently observed in people training for races such as marathons, particularly following a sudden increase in training load or intensity.

A strain happens when muscle fibres are overloaded beyond their capacity, often due to fatigue, reduced strength, limited flexibility, or poor load management. Symptoms can include localised pain, tightness, reduced range of motion, and discomfort during walking or training.

Soft-tissue therapy such as sports massage, can help reduce muscle tension, improve local blood flow, and support tissue recovery when used alongside appropriate exercise and rest. By addressing muscle tightness and improving tissue mobility, massage may help reduce pain and restore more efficient movement patterns.

If you are experiencing ongoing hamstring discomfort or repeated strains, a targeted sports massage approach may help with your recovery and reduce risk of re-injury."

If you would like to book in with Cindy, give us a call, or drop us a message.

Mighty Hike For Marian

Exercise of the Month

Restore, Rebalance & Rejuvenate with Facial Massage

Feeling Sporty?

Exceptional Reviews for PremierPhysio

Visit our website for all
of our services
www.premierphysio.com



Mighty Hike for Marian

Watch this space, as our fabulous massage therapist, Marian will be partaking in the MacMillan Mighty Hike for MacMillan cancer support on Saturday 6th June this year.

A 26-mile walk around the iconic Ulswater lake and surrounding fells.



MACMILLAN
CANCER SUPPORT

More details and how to donate will be featured in our May newsletter.

In aid of World Sleep day this month which falls on Friday 13th March, we thought we'd share the 'Spinal Twist' exercise to encourage better sleep.

Exercise of the Month

Spinal Twist

🌙 Spinal Twists for Better Sleep 🌙



Struggling to wind down at night? A gentle spinal twist before bed can do wonders for your body and mind:

- ✦ Releases built-up tension from the back and hips after a long day
- ✦ Calms the nervous system, signaling your body it's time to rest
- ✦ Supports deeper breathing, helping your mind slow down
- ✦ Reduces restlessness so you can fall asleep more easily

Move slowly, breathe deeply, and let the twist melt the day away.
Even 1-2 minutes can make a difference 😊





Restore, Rebalance, Rejuvenate with a Facial Massage



Fancy giving your face a reset? Then try a facial massage with one of wonderful holistic therapists.

Picture the scene...

You are laying back, in a warm, calm, tranquil room. Gentle music playing, low lighting and the soothing aroma of essential oils fills the air. Then the therapist gets to work cleansing your face first with blue lotus essential oil. Blue Lotus is known for its anti-aging properties and promotes collagen production. You know that when your treatment has finished you will feel and look rejuvenated.

There are so many benefits of Facial Massage, here are just a few;-

- Reduces puffiness and inflammation
- Skin firming and anti-aging
- Increased blood flow promotes natural radiance (glowing skin)
- Reduces stress and tension.



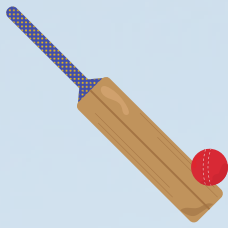
This could be a perfect gift for Mother's Day (Sunday 15th March), so pop into reception and purchase our Gift Vouchers, starting at £5.

Face Facts;

You have twice the amount of upper eye lashes, than lower lashes. Approximately 200 hundred upper and 100 lower.

Lips do not have sweat glands, therefore, they are prone to drying out, making us often reaching for the Chapstick!

The face has 14 bones, with the jaw bone being the strongest.



Feeling Sporty?



If you, or anybody you know, are interested in beginning a new sport such as cricket, netball, hockey or running then contact **Runcorn Sports Club**, who are currently welcoming new members. They are based in Moughland Lane, Runcorn, **Tel 01928 575656**, or check out their social media for latest news and events.



More Exceptional Reviews for PremierPhysio

Did you know that the majority of our business is built on recommendations. Yes, that's right, good old fashioned word-of-mouth! That's why we love receiving reviews like these;-

"Premium customer service & high level of care for guests. Everyone are very pleasant to speak to. I recommend PremierPhysio to everyone, especially David, who is very attentive and patient."

"Felt uncomfortable going my first sports massage.. but Lisa instantly put me at ease... struggling with lower back pain and hip issues due to long distance running.... Lisa seemed to get to the source of the problem and knew exactly how to solve it... walked out feeling instantly better... 100% will be returning and will be recommending to everyone.. thanks so much Lisa."

"You are in the best hands at PremierPhysio!"

So, if you or anybody you know is struggling physically, with any kind of acute or chronic aches/pains/headaches/stress/tension/troublesome feet, or just want a chat about how our therapists can help, then please give us a call, or drop us a message and let us see how we can help you.

Written by Sharon Carey