

Airport staff benefit from massage therapy

▶ Our work at Heathrow started in April this year with the aim of providing Heathrow Airport Staff with a welfare package that is truly tailored to their individual needs. Since then we have provided initial postural assessment, massage therapy and kinesiology on a regular basis and we are now welcoming back clients for follow up sessions.

The Benefits of Massage Therapy
The history and origins of massage
can be traced back to Hippocrates
(often thought to be the 'father of
medicine') as early as the 4th century
BC and beyond. By the time the word
'massage' was introduced, the
definition of the practice was
becoming more generally accepted
and it has remained largely
unchanged to the present day.



Traditionally, massage was carried out by medical professionals but by the 1980's massage therapy was being recognised as a separate profession. More recently a focus on physical wellbeing, mindfulness and the adoption of more holistic practice across healthcare has resulted in a resurgence of many different types of massage, including Swedish, Thai, aromatherapy, sports and hot stone massage, to name but a few.

Massage can be used to assist clients with an increasingly diverse range of activities, including: -

- Sports (e.g. rugby players, football players, tennis players, gymnasts, cyclists)
- Entertainment (e.g. dancers, actors, singers and musicians)
- Corporate & Industrial (e.g. busy professionals who habitually undertake occupational activities like lifting, prolonged standing, computer use and working in confined spaces).

The aim of massage therapy is to increase a client's performance and productivity in their activities of daily living through greater physical and mental wellbeing.



world's strongest man, Eddie Hall.

Massage therapy

- ➤ The benefits of massage therapy include:
- Relief from muscle strain and tension
- Improved range of movement in joints
- Increased flexibility
- Recovery from strenuous activity and exercise
- A general sense of health and wellbeing
- Time out from the demands of modern life and work

In addition, massage therapy can also compliment other treatments and therapies, including: -

- Physiotherapy
- Osteopathy
- Chiropractic treatment
- Counselling
- Occupational therapy.

World's strongest man endorses importance of massage therapy

We met Eddie Hall, the World's Strongest Man, at the Sports Massage Academy conference in Nottingham in July.

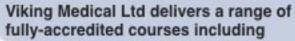
Eddie was unequivocal about the importance of massage therapy within his own training regime stating: "Unless you recover, you will never be the best!"

At Viking Medical Ltd, we want all of our clients to "be the best" and we look forward to seeing you all, both new and returning clients, over the next 6 months!

Don't miss out!

To book your initial assessment or follow-up session, simply email: susan.reed@heathrow.com

Viking Medical deliver a range of services



- Workplace first aid
- Paediatric first aid
- Life support and defribrillation
- Activity first aid
- Sports first aid
- Sports massage therapy
- Occupational massage therapy

Our courses are delivered at our client's premises by Don Howden BSc (Hons) PGCE QTLS MSET. With more than 20 years' hands-on first aid experience within the emergency services and sports environments, Don is a qualified lecturer and ideally placed to provide quality training any organisation can trust to deliver life-saving assistance wherever it may be required. Don Howden of Viking Medical Ltd is proud to be a member of the Federation of Holistic Therapists, further reassurance for Viking Medical's clients that our first aid training courses are delivered to the highest of standards.

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