


Heathrow Viking

Volume 1 Issue 1 October 2019



Newsletter of Viking Medical Limited 

Massage therapy takes off

Over 20 days, 54 clients from Heathrow Airport Ltd have been provided with a welfare package that includes full postural assessment, postural awareness exercises, an individual massage therapy plan, passive stretching and kinesiology taping. ►

Visit our website: www.vikingmedical.co.uk. Call us on 07763 529992

Background image: Fingalo Christian Bickel. Licensed under the Creative Commons Attribution-Share Alike 2.0 Germany license.

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. ►



The image shows a man with short dark hair and a beard, wearing a dark blue polo shirt with the VEM logo. He is standing with his arms crossed next to a large poster for Viking Medical Ltd. The poster features the VEM logo at the top, which includes a Viking longship. Below the logo, it lists services: 'First Aid Training', 'Massage Therapy', and 'Kinesiology Taping'. It also includes the slogan 'Training & Treatment Without Compromise', the website 'www.vikingmedical.co.uk', and the phone number 'Tel: 07763 529992'. At the bottom of the poster is the FHT logo.



Viking Medical's Don Howden with the 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 well-being
- 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

Viking Medical Ltd delivers a range of fully-accredited courses including

- Workplace first aid
- Paediatric first aid
- Life support and defibrillation
- 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.

Call 07763 529992 today for more information or to book a course. ■

Member of a 999 service or the UK military?

Viking Medical Limited offers a 10% discount on course prices for emergency services and military personnel. Ask for details!

Visit our website: www.vikingmedical.co.uk. Call us on 07763 529992

