

NHC Cyclo-Therapy® – proud to be helping athletes recover



Rebecca Campsall was a sprinter training at the English Institute of sport, Rebecca is Yorkshire champion and twice medalled at Northern Championships, as well as making the final of the England Championships. Rebecca was slashing her 100 metres personal best and by doing so is knocking on the door of the Great Britain athletics team.

Rebecca attended the West Yorkshire Physiotherapy Centre as part of her training to help with any injury rehabilitation and to undertake connective tissue sports

massage therapy to maintain fitness levels.

Due to soft tissue and muscle injury the head physiotherapist, offered Rebecca treatment with NHC Cyclo-Therapy. This would release the deeper scar tissue and fascia from strains and tear injury without causing bruising trauma or excessive soreness to the tissues.

As a result the tissues became more mobile resulting in quicker recovery following stain and pull injury allowing Rebecca to return to training quicker.

The main benefit of applying the NHC Cyclo-Therapy is that it relaxes the muscles and nerves enabling us to undertake deeper fascia tissue releasing massage and minimising any trauma and soreness to the tissues. It is effective and comfortable for the recipient to maximise results.

Within a few weeks of weekly NHC Cyclo-Therapy treatment Rebecca's training and running performance improved with reduced soreness after a run.

Commenting on the use of NHC Cyclo-Therapy, Rebecca stated: "my soft tissue and muscle recovery has really improved since starting to use the therapy, I am now starting to use it to help prevent muscle soreness and recovery after racing and training".



Janine Midgley
MCSP, HCPC, Grad
Dip Phys,
Dip App Sports

