



The Selby Sports
Injury Clinic

THE SELBY SPORTS INJURY CLINIC



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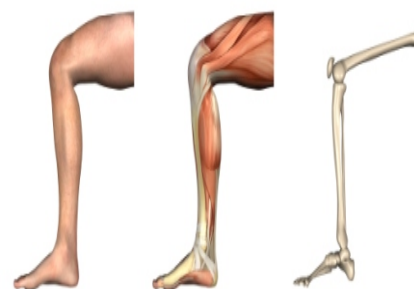
SHIN SPLINTS CLINIC - EVERY WEDNESDAY -

ASSESSMENT TREATMENT ADVICE

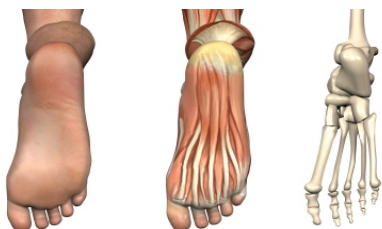
**Regular Weekly Treatment Is The Most Effective Way To Overcome
Shin Splints And To Help Avoid Recurrence.**

Treatment includes:

- Deep tissue massage to lower limb
- Correct application of ice
- Stretching techniques to tissues of lower limbs
- Advice and specific exercise prescription.



**This is available week at our new Shin Splints Clinic every
Wednesday.**



**A direct referral to Sport Podiatrist Marie Walker
will identify if footwear, running technique or
muscle imbalances are the cause.**

**30 Minutes allocated to assessment and treatment times. £15 for each session with
clinics available every Wednesday.**



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**For Further Information Visit Our Website
www.selby-sportsinjury.co.uk
or call 0800 0234 629**



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