

www.cjphysiotherapy.co.uk
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CJ Physiotherapy is an events-based company working internationally to provide sports-specific physiotherapy treatments when they are most needed. CJ Physiotherapy operates across the globe with elite athletes down to weekend warriors to ensure athletes can achieve their maximum potential through challenging times.

For this year's T-Cup; Corinne from CJ Physiotherapy will be providing post-race sports massage packages.

Following each stage of the race, they will be located at the race hotel.

Benefits include:

- Reduced risk of next-day DOMS (delayed onset muscle soreness)
- Returns the muscles to a relaxed state
- Reduces swelling and promotes faster healing
- Incorporates an effective cool down routine
- Reduces the risk of injuries
- Increases movements and endurance
- Improved recovery rate
- Helps flush out toxin build up during exercise

Pre-booked rates of:

\$75.00 USD for 3 x 30-minute sessions

OR

On the day rates of:

\$30.00 USD for 30 minutes

For further details or to book please email: corinne@cjphysiotherapy.co.uk



Corinne is originally from the UK holding a BSc (Hons) degree in Physiotherapy. She is registered with the HCPC, CSP and ACPSEM. Corinne has extensive experience working in sports related environments including various cycling and running events, Rugby Football League and Championship football clubs. She is a keen sports person herself and knows exactly what athletes want, following on from a hard day of racing.