



What influenced you to become a sports massage therapist?

I was a patient at Durham House at the age of 14 for headaches and migraines for which I received chiropractic and sports massage and these really helped. When I was at university, I decided that I wanted to help people in the same way that I was helped.

What training did you do to work as a sports massage therapist?

I studied for three years for a degree in sports studies at Winchester University and then went on to do a certificate in sports massage at Farnborough Technology College. Since then I have attended various courses such as ultrasound and medical acupuncture.

What aspect of your job do you enjoy most and why?

I enjoy helping people. The best is when a patient comes in for their next treatment with a great big smile feeling better than the time before, less pain, less aches. I also love meeting new people.

How did you get involved with Durham House?

I was firstly a patient at the age of 14 and I then became the Saturday receptionist at the age of 16 in the Fleet clinic. Then once I qualified as a sports massage therapist, I stopped working on reception and started treating people.

What is the most rewarding part of your job?

Helping people improve their quality of life.

What tips would you give people who are worried about having treatments with you?

Don't be worried, every treatment is tailored to the individual.

What would you tell someone who might be considering a career as a sports massage therapist?

Research the best courses available and get as much practice as possible.

What do you wish other people knew about your profession?

That sports massage isn't just for people who participate in sport or have a sports injury. It is for everyone and anyone.

What do you enjoy doing when you aren't working?

I like to exercise and take part in races such as running, triathlon, obstacle and I love to shop and meet with friends.