



Interview with Sarah Sewell

What influenced you to become a sport and remedial massage therapist?

I have long been interested in health and fitness so, after a successful multi industry career in programme management and heading up a school federation, I decided it was time to follow my passion and retrain as a sport and remedial massage therapist. This is the perfect career choice for a practical person like me who enjoys a challenge and working with a variety of people.

What training did you undertake to work in your chosen profession?

I completed the highest level of qualification, a BTEC Level 5 Diploma with the internationally regarded North London School of Sports Massage. I have gone on to qualify as a practitioner in the speciality area of oncology massage and working within ScarWork™, as I see these as growing areas where I can really help people who had previously not had that help available. In October 2018 I will be completing an advanced course 'ScarWork After Breast Cancer' that combines both these areas.

What is the most rewarding part of your job?

I love it when patients tell me how their symptoms have improved and they go on to live pain free, more active lives after treatment. In fact, new patients often remark that they would have started having massage long ago to help them manage aches, pains and scars if they had known of the benefits! I always look forward to seeing new patients who have either self-referred or been referred by the chiropractors as part of a specific treatment plan.

I really value the opportunity to work as part of a multidisciplinary clinic at Durham House, delivering a complete package of care for patients. We have a great team of friendly, highly professional therapists who work together, often co-managing patient cases, to provide the best possible outcomes. I love being based in Fleet as the clinic has a homely, welcoming atmosphere.

How did you get involved with Durham House?

I proactively contacted the practice owner, Galin Cleary, as I was aware of Durham House's positive reputation within the community. I felt it would be a great place to utilise my skills working in a well established clinic setting as we share the philosophy that massage compliments and supports chiropractic treatment perfectly.

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

Whilst sports massage has enjoyed much better public visibility in recent years, it can still have connotations of painful, 'no pain, no gain' type treatments. Whilst treatment may be uncomfortable, it needn't be painful and we will always work to understand the cause of the pain, then deliver a bespoke treatment to reduce pain and improve movement by using a variety of soft tissue techniques, all within the patients' threshold.



What would you tell someone who might be considering a career as a sport and remedial massage therapist?

Go for it! If you haven't had any hands-on experience, I would strongly recommend completing an introductory course to see whether you like it before committing to full training. If you decide it's for you, always go for a BTEC Level 5 qualification or equivalent - intensive courses or online courses really won't equip you for the challenges and demands of a clinic therapist.

Which aspect of your practice particularly interests you?

I am very interested in the treatment of scars. Each scar is as unique as the way in which it was obtained, whether by accident, injury or surgery. As the body adapts to the scar, it can cause tension and torque in the body's fascial (connective tissue) web, resulting in restricted and dysfunctional movement. ScarWork™ is an innovative set of techniques used to help integrate the scar painlessly back into the fascial three-dimensional web of the body and the results can sometimes be truly remarkable - both in terms of cosmetic appearance and feel.

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

I enjoy running and, even having lived in Fleet for many years, I still find new places to explore! Additionally, I attend regular gym sessions and pilates to keep me strong. I also took up Taekwondo 2 years ago which is brilliant for fitness and challenges my brain with lots of new movements and technical terms to learn. Alpine skiing is one of my great passions - what I lack in ability I make up for in enthusiasm! When I'm not out and about, I like to relax at home with my two children, husband and our new puppy, Milo.