



Sports Package

Qualified through SMTQ, Cat has experience in a wide range of various sports injuries and conditions. Also working with Arbroath Football Team, Cat has specific football injury experience.

It is not necessary for you to have a sports injury for you to be treated through Mii Fitness.

Conditions include:

- Back Pain
- Musculoskeletal problems
- Migraines
- Sciatica
- Football Injuries
- Tennis Elbow
- Neck Pain
- Arthritis
- Sports Injuries
- And many more

Treatments include:

- Sports Therapy
- Rehabilitation Program
- Sports & Remedial Massage
- Strapping & Taping
- Deep Tissue

For further information please contact:

Cat:

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