



THERAPY FOR SPORTSMEN

As an ageing professional cricketer, who is still keen to mix it with the youngsters, avoiding stiff, sore muscles after a big innings or long day in the field is very important. Our physios at Kent do a great job at preventing and curing injuries but when it comes to muscle soreness it's usually only the precious fast bowlers, who get the rub down. So I hunted for my own masseur and was lucky to find Philip Collins just down the road at the Celestine Natural Health Clinic.

Phil is not only a fine masseur, he is a sports and fitness therapist, who is always keen to expand his horizons and involve new treatments. One that was particularly useful for me was LaStone Therapy, which not only gave me an incredibly deep massage but left me feeling relaxed and at peace with the world. At my first session after a hard day's captaincy it was as if a whole bucket-load of stress had just been lifted from my shoulders.

The treatment involves warm rocks being placed on key points of the body to give a deep massage and create sensations of comfort and

warmth. These rocks are basalt lava stones, which having been immersed in hot water, hold their 55 degree heat well. Phil also uses occasional freezing cold marble cold stones, which having been packed in ice, provide a sharp contrast to the heat and help with circulation.

After getting you to lie on the specially arranged stones and having placed many more on the energy points of the body, Phil starts massaging with another hot stone, which apparently is equivalent to ten regular massage strokes. After a short while I'm so relaxed that not only do the muscles feel looser but my mind has totally switched off too. It's all over too quickly but a glance at the clock tells me I've been there over an hour. If only cricket was this easy.

David Fulton, Kent Cricket Captain

Touchstone Therapy is based at The Celestine Clinic, Leybourne Way, Larkfield.

Alternatively, please visit their website to find out more details: www.touchstonetherapy.co.uk