

## LUNCH TIME TALK

# Sports Injury & Recovery

This workshop will cover common injury on the body for active persons and participants can get self remedies to the rescue. Join us for a highly informative 1 hour session and learn easy steps to improve an injury condition when it happens. So get ready! kick off your working shoes and transport yourself into a time of sports.

### Topics

Sports strains and injury areas for

- Hand and wrist
- Neck and back
- Rotator cuff
- Calf and Achilles tendon
- Quadriceps and Hamstring
- Ankle and Foot

Conditioning exercises

Recovery Techniques

Question and Answers

### TARGET AUDIENCE

This interactive lunch talk is a must for active individual who does any forms of sports including running, swimming, cycling, gym workouts, racquet or ball games. This sports illustrative workshop will serve as a introduction guide for identifying areas of sports injury.

### BONUS

Our therapists will be available for 2 extended hours after the workshop to assist all participants with a complimentary 5min posture and pain check while they return to work.

### WORKSHOP DETAILS

Time > 12.00pm to 1.00pm  
(Time can be determined by company)

Fee > \$0

More about Sports Relief Therapy

Web : [www.sportsrelief.sg](http://www.sportsrelief.sg)



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