

LT Sports Massage and Soft Tissue Therapy

Lorna Tudor (CNHC Registered)
Level 5 Professional Diploma in
Sports and Remedial Massage



Based in Ibstock, Leicestershire

Lead Massage Therapist at UCI
World Masters Track
Championships Manchester

The Benefits of Sports Massage & Cycling

Tailored treatments to
optimise your performance
Injury Prevention and
treatment

Improved recovery after
training and events

Improved muscle balance.



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