



Podium Injury Clinic is based at Brantingham Parks Health club in Elloughton. Specialising in Sports related Pain and Injury.

I have keen interest in the management and prevention of running related injuries, as well as an enthusiasm for competition. I currently provide treatment and advice to a large range of runners of all abilities.

My services include:

- Injury Assessment, Treatment and Rehabilitation
- Prevention and Management of Pain and Injury
- Running Assessment and screening
- Sports, Remedial and Deep Tissue Massage
- And much more

For Appointments or any advice I would love to help.

You can contact me on **07934143433** or Podium_clinic@hotmail.co.uk

Brantingham Parks Health and Wellness club (Ionians), Brantingham Road, Elloughton, HU15 1HX.

Kind Regards,

Kris Lecher

Graduate Sports Rehabilitator (BSc Hons)