



NORTHAMPTON CLINIC – THERAPIST BIO

For more information visit our website www.northamptonclinic.com or call 01604 632232

Gemma Boaden



I am a fully qualified Level 5 Sport & Remedial Massage Therapist who graduated from the North London School of Sports Massage (NLSSM) in 2014. I am registered with the Sports Massage Association, an association that requires high levels of professionalism, ethics and ongoing skills training. Since qualifying I have worked with top level athletes, events and private clinics. This means I have worked with a variety of injuries ranging from shoulder and back pain to wrist injuries and migraines. I describe myself as a soft tissue specialist meaning I work with any structure that isn't bone!

I offer assessment, personal treatment plans, advanced therapeutic techniques such as MET (Muscle Energy Techniques) and STR (Soft Tissue Release), maintenance therapy, specialized exercises, stretches and homecare advice.

I believe during rehabilitation and therapy a patient should be treated sensitively and educated in being able to maintain their own health and pain free living after our work ends.

Chronic pain and movement limitation mean you enjoy your life less. My holistic approach helps you remove pain and restore mobility so you can live your life to the fullest.