



NORTHAMPTON CLINIC – THERAPIST BIO

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

Laura Baker Holland



Level 5 BTEC Soft Tissue Therapist who first qualified in 2012. She trained with Sports Therapy UK and then the well-regarded London School of Sports Massage.

You should come and see Laura for a treatment if you experience any of the following:

Muscular aches or Soft Tissue Therapy is sports massage and other therapeutic techniques, which are combined to help you get the results you want.

Sports massage is a highly anatomically-informed form of massage. It includes traditional massage along with stretches, joint mobilisations and specific techniques to address pain which massage alone may not deal with.

Laura also brings other elements into the treatment, such as kinesiology taping and ultrasound, when it is appropriate. Soft Tissue therapy requires an understanding of how injuries heal, and how pain becomes chronic, so your injury or pain benefits from that knowledge.

Many people believe that sports massage is 'the one that hurts'. As with most stereotypical beliefs, this is not entirely true. It may feel uncomfortable at times, but the purpose of your treatment is to feel better, not battered! You will have clear explanation provided to you about any discomfort that may happen, and of course, you are always at liberty to decline a technique once it has been explained to you. Many people appreciate a firm massage regardless of whether or not they have pain or injury, and sports massage is ideal for that.

Laura is professionally registered with both the Institute of Sports and Remedial Massage and the Sports Massage Association, both of which require therapists to operate ethically, professionally and to keep skills up to date via on-going personal development.