



Joyce Newman

Sports Injury Massage Therapist

Joyce has over 16 year's experience in the industry, focusing on muscle injury rehabilitation and deep tissue massage at the Club.

She gained her soft tissue qualification in 2006 and has since spent time working with sports teams and at cycling and marathon events.

Her approach is to identify root-causes and to move you towards a preventative treatment offering long term improvements in physical wellbeing. Joyce continues to further her knowledge using evidence based diagnosis to enhance her treatments.

She works alongside the Sports Team at Pall Mall to aid in injury recovery (Book: Sports Therapy) and is also available for regular maintenance massage (Book: Deep Tissue).

Joyce is also a member of the ISRM (The Institute for Sports and Remedial Massage) and SMA (The Association for Soft Tissue Therapists) Governing bodies if you have these organisations specified in your Health Insurance.