

# HANDY INJURY INFORMATION

## PROFESSIONAL MEMBERSHIPS

## RSM THERAPY

### ACUTE INJURY ASSESSMENT

#### The seven-second rule

Gently press on the injured area. If the pain doesn't diminish or go away after seven seconds then treat as an acute injury.

Consider a bone fracture. Go to your GP or the nearest A&E department.

### ACUTE SOFT TISSUE INJURY

#### The RICE procedure

Rest	Stop doing what caused the injury immediately!
Ice	Repeatedly apply a cold compress, up to 10 minutes on, 20 minutes off
Compression	Loosely wrap the area to limit the swelling
Elevation	Raise the injured area above the level of the heart
If in doubt check it out	If the symptoms don't improve after 24 hours go to your GP or the nearest A&E department



Member, Institute of Sport and Remedial Massage



Diploma with Honours, London School of Sports Massage



UK Reiki Federation Master/Teacher Member



Coach, Association of British Cycle Coaches

#### RSM Therapy

**Rachel McKay, ISRM Dip., ABCC Coach**

115 Marshalswick Lane  
St Albans  
Hertfordshire  
AL1 4UU  
Telephone (01727) 836753  
Mobile 07754 654724

### *Performance Therapy*

- Sports massage therapy
- Remedial therapy
- Postural re-alignment
- Core stability
- Reiki

### *Cycling Coaching*

- Training plans
- Nutrition
- Bike fit & position
- Technique
- Race tactics

# CYCLING COACHING

## TRAINING PLANS

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I can help you plan your season and select target races. I use information from testing and your profile to create your individualised training schedule, designed to peak for your most important events.

## NUTRITION

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I can advise you on optimum nutrition for racing and training throughout the year, dietary advice for losing weight or gaining lean muscle, eating and drinking during a race and post-race recuperation.

## BIKE FIT & POSITION

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You will not achieve your potential if you've not got your correct position on your bike. I use a combination of proven science and observation to help you achieve your optimum position to gain power and speed and still be comfortable.

## TECHNIQUE

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I use one-to-one instruction to teach you the essential techniques of cornering, descending, pace-riding, climbing and sprinting.

## RACE TACTICS

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Knowing how to exploit your strengths and hide your weaknesses, when to attack and when to sit in, how to wear down the opposition while saving yourself are all keys to success in racing. Also how you approach time trials of all distances is critical to achieving your best times.

# PERFORMANCE THERAPY

## SPORTS MASSAGE THERAPY

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Sports massage helps recovery and helps prevent soft tissue injury. I use a combination of the basic techniques of effleurage (stroking) and petrissage (kneading) with advanced techniques including passive and active stretching, deep friction, neuro-muscular release and positional release.

## REMEDIAL THERAPY

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If you are injured then by using advanced massage and stretching techniques you minimise your recuperation time and avoid developing secondary injuries or muscle imbalances. I can also provide an individually tailored exercise programme to aid rehabilitation.

## POSTURAL RE-ALIGNMENT

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Poor posture is the underlying cause of many soft tissue injuries and chronic "bad back" problems. After a detailed assessment, I take you through an individualised programme of therapy and exercises that over the course of a number of weeks aims to have you standing, sitting and walking correctly without pain or risk of injury.

## CORE STABILITY

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The key to good posture and maximal performance is to engage and use your deepest muscles to provide a stable platform for your body. This then allows your active muscles to

perform to their maximum. Based on exercises and techniques from Pilates and the Alexander technique, I help you achieve freedom through movement on a stable core.

## REIKI

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Reiki means "Universal Energy" and your body uses it to restore both physical and mental balance. Although it makes no specific medical claims it can bring relaxation, ease pain and tension and restore calm or whatever else your body needs at that time. I can also combine Reiki with massage therapy to give a powerful healing experience.

## FEES

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**Rates for therapies from 6<sup>th</sup> April 2007**

Standard rates:

£35 per hour, £20 half hour

Discounted rates:

£25 per hour, £15 per half hour

Available to members of Verulam Cycle Club

Coaching advice is free.

**Call 07754 654724**  
**Web [rsm-therapy.co.uk](http://rsm-therapy.co.uk)**