Tim Ridge

In 2014, I graduated with an Honours degree in Sports Therapy from the University of Gloucestershire.
During my three years of study at the university I had the opportunity to work in both sporting and clinical settings.

Over the last 5 years, I have had the pleasure to work with high-end athletes including England Women's Hockey team, Gloucestershire All Golds Rugby League team, and I spent 2 years working for Redruth Rugby club.

In addition to my work within sport I have over 5000 hours of clinical experience, and am currently working in two sports Injury clinics of which one is run from Carn Brea Leisure Centre!

YOU DON'T HAVE TO BE AN ATHLETE TO SEE ME!

I currently work with clients aged 15-90, and my main role is to get people pain free and keep them that way! Whether you have a stiff neck from sitting at a desk all day or have low back pain during heavy deadlifts, I can help you!

Common Complaints I treat everyday:

- Neck Pain / Tension Headaches
- Shoulder / Elbow / Upper back Pain
- Low Back Pain / Hip Pain - Knee Pain - Ankle / Foot Pain
- Rehabilitation Pre/ Post Operation
- **Not Injured? Looking for a Sports Massage?**

For more information look at my website: www.tridgetherapy.com