



“Orthopaedic & Sports Medicine: The Cyriax Method” with Sebastien May



There is no limit to age when it comes to playing sports. And when we play sports, we need to take care of our bodies and minds in order to maintain our well-being. Someone once said,

"A good interpretation and a correct diagnosis is a successful result".

Many people have said that “Orthopaedic & Sports Medicine: The Cyriax Method” applies only to professional sports. However, from personal experience, it is beginner or amateur level sportsmen that need the most care for injuries. In general, injuries at this level are poorly managed and quickly become repetitive and chronic problems. For most, this medicine is more preventive and correctional medicine.

This unique therapy is suitable for all, regardless of the type of sport or professional level. Pain, stiffness, joint or muscle numbness, tingling, tightness, etc., - “Orthopaedic & Sports Medicine: The Cyriax Method” can be a solution for all of these ailments.

With this method we can establish a diagnosis quickly and accurately, and treat a wide range of causes and symptoms through the various “Orthopaedic & Sports Medicine: The Cyriax Method” techniques available:

- Manual and sports therapy
- Deep transverse and massage
- Fascial soft picking
- Muscle chains
- Trigger points

This is a gentle treatment that is suitable for every kind of ailment, providing better coordination and improved athletic performance.