

## SOMETHING ABOUT MYSELF



My name is Helen Dyke and I am a qualified PE teacher and have had a variety of educational experiences in primary & secondary schools around Devon.

In August 2006 I qualified as a Sports Therapist and hope to combine my teaching skills through my work as a Sports Therapist within Torbay.

I am also a very keen athlete. Locally I compete for Torbay Athletics Club, Oddicombe Swimming Club & Exeter Triathlon Club. I have also represented Devon County in Cross Country, 5 km, 10km & Half Marathon.

In addition I have competed for Great Britain for Age Group in Aquathlon, Duathlon, & Triathlon.

In August 2006 I became World Quadrathlon Champion in Sedlcany- Czech Republic.

Through my role as a Sports Therapist I hope to be able to re-educate the athlete to.....***Get fit, Stay fit and come back stronger post injury.***

### PRICES

From January 2007.

CLINICAL ASSESSMENT &  
TREATMENT- £35.00  
(Time: 1 1/2 hours)

TREATMENT-  
(Sports Massage, Rehabilitation  
activities £25.00  
(Time: 1 hour)

FULL SPORTS MASSAGE-  
(£40.00 1 3/4 hours)

Where a patient needs a number of  
sessions a reduced rate will be offered.

### PLEASE NOTE

All patients unless previously discussed are recommended to have a clinical assessment for their first initial appointment.

All patients will be required to fill in a medical history on their first consultation.

Further assessment may be required pending on severity of injury.

Please ensure that you bring a pair of sports shorts to your consultation.

Children under 18 must be accompanied by an adult.

(I am CRB checked and approved)

# Helen Dyke

Sports Therapist  
Diploma in Sports Therapy  
B.Ed (Hons) Sec PE



Approved Member of the Society  
of Sports Therapists

### Providing

- Injury Diagnosis
- Treatment
- Sports Massage
- Education-
- a) Preventive Exercise prescription and advice
- b) Rehabilitation advice and gym-based sessions
- Referrals

**Please contact Helen Dyke  
to make your appointment:**

**Mobile: 07733354453**



## WHAT DOES A SPORTS THERAPIST DO?

The aim of the sports therapist is to work on the following areas....

### \*Clinical Assessment-

Diagnosing what and where the injury is through a clinical assessment process.

\*Treatment- Devise a progressive rehabilitation programme (where appropriate) to help get the athlete back to full fitness and beyond. This may include..

- Preventative exercise prescription and advice
- Gym-based sessions & resistive work with thera-bands
- Mimicking sporting activities outside in a familiar environment for activities such as running, cycling, agility based sports such as football, netball, basketball, tennis, badminton or rugby.
- Hydrotherapy using local swimming pools. (CV fitness & resistance work)
- Sports Massage

### \*Pre & Post Event massage

"Massage is the only actual treatment that can be applied specifically to help prevent injury" (Mel Cash (1996)

Athletes from all sports who are training and competing regularly are advised to have a sports massage frequently, as part of their recovery programme.

\*Education- Re-educating the athlete to maintain a fitness programme that will prevent further injury.

\*Referrals- If necessary with certain conditions , you may be advised to visit an alternative specialist in this field.



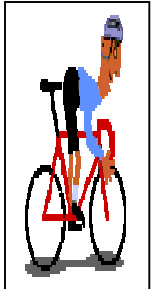
### Joint injuries treated:

Shoulder, Elbow, Wrist & Hand, The Pelvic Girdle (Hip, Groin & Pelvis), Knee, Ankle & Foot Joints

## WHERE AM I BASED

### TORQUAY

TORBAY OSTEOPATHS  
7 FORE STREET  
THE PRECINCT  
ST MARYCHURCH  
TORQUAY  
S. DEVON  
TQ1 4PU



Follow signs to the Model Village. Park in the Model Village car park and walk to St Marychurch Shopping Precinct. The clinic is a short way up on the right hand side.

### BRI XHAM

"THE LILACS"  
22 MILTON STREET,  
BRI XHAM  
S. DEVON.  
TQ5 0BX



From Paignton or Torquay. Travel on main road to Brixham,. At first set of traffic lights by the Toll House turn right onto Monksbridge Road. At mini roundabout carry onto Horsepool Street. At end of road opposite the Co-op turn right. Drive approximately 100m past the Black House but before central garage look for a place to park on roadside. Our house is lilac & semi detached with a brown wooden gate on the opposite side of the road. House name and number on the gate.