

PROFESSIONAL PROFILE: COLIN CHAPMAN

CLINICAL

Colin Chapman is by profession a Sports Massage Therapist focusing on the prevention and treatment of muscular and soft tissue injuries.

He graduated with the Welsh Sports Massage Institute in the UK in 1995.

Colin's primary practice at the Perth Integrated Health Clinic in Melville sees him in his capacity as Consultant Sports Massage Therapist.

Colin was previously Founder and Sole Director of Bodyworks Sports Clinic in London where he was also a treating practitioner there for over 10 years before moving to the South West of England where he continued to practice.

Colin's clients come from a varied source ranging from the corporate sector, to families and social and elite athletes. These have included Olympic and International sporting personalities in sports such as Triathlon, running, cycling, rowing, swimming, soccer, hockey and golf.

ON SITE SERVICES

Colin has attended numerous international and local events as well as club training sessions in his capacity as a practising Sports Massage Therapist including:
Athens Olympics 2004

London Marathon and various running events
Busselton Ironman Triathlon and various other triathlons
Home Countries International Rowing Regatta
Cycling tours in Colorado, USA
Various training sessions for Triathlon, running, Hockey and Soccer clubs

CORPORATE HEALTH CONSULTANCY

The provision of corporate health programs for industry and the corporate sector has been a part of Colin's UK practice for many years. He has consulted with a wide range of the workforce from industry to professional bodies.

Companies in the UK that have benefitted from Colin's attendance in the workplace have been the Hilton Hotel Group, Ayscough Travel, New Look, Living Well Health Clubs and various others.

Research has shown that good attendance and health care in the workplace contributes greatly to reducing absenteeism.

ACADEMIC

Colin has attended various additional educational programmes in order to expand his knowledge, service and capabilities in the Sports Health arena. This has enabled him to enhance the services he can offer to both individuals and groups.

These additional qualifications include:

Diploma in Sports Psychology
Advanced Neuromuscular certification and Specific Stretch techniques
Life Coaching Qualification and Self Development certificates
Headache pain management and Trigger point therapy
Swimming Teacher Certification

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With Colin's qualifications and also his experience in having participated in many of the sports that he treats patients for he is well equipped to assist with goal setting, focus and overcoming mental barriers.

INCORPORATING:

-
- OCCUPATIONAL
THERAPY**
-
- PODIATRY**
-
- NATUROPATHY**
-
- EXERCISE
PHYSIOLOGY**
-
- COUNSELLING**
-
- MASSAGE
THERAPY**
-
- PERSONAL
TRAINING**
-
- CORPORATE
HEALTH
PROGRAMS**

SPORT

Sport has been a passion of Colin's since his school days playing soccer in the UK. This has led to various personal achievements including the completion of running distances from 5k up to double marathon (84.4k), triathlons up to and including Ironman distance and cycling from John O'Groats, Scotland back to Dorset, a distance of nearly 900 miles (1,440k) in 7 days.

To Colin sport and activity, combined with education on diet and lifestyle, is the a big part of the answer to many illnesses and ailments that seem to have beset the human race, in particularly children, in recent years and he is looking forward to getting involved in local sports for kids. He has recently been invited to be fitness coach to the Melville City SC U14 team, a challenge he relishes.

FURTHER INFORMATION

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Colin Chapman consults at the PIHC Performance Enhancement Centre located at the Melville Aquatic Fitness Centre, Marmion St, Booragoon.