

## **Josh Arksey Bio**

Josh Arksey Sports Massage

Hello!

I'm very excited for the opportunity to work with you at Newmarket Links Golf Club.

Here's a bit about me...

I was a promising young cricketer, working towards being a professional. I had some awesome experiences playing with and against some of the best players in the world. Playing for Surrey 2<sup>nd</sup> XI, training with the England team, playing consistently for Cambridgeshire CCC and having the opportunity to take my skills over to Melbourne Australia for a summer.

Annoyingly, I picked up a niggle in my shoulder... 2 years later, I stopped playing. It turned out I was playing on a torn rotator cuff which would need surgery.

Then, Mum said I needed to get a job...

So, I enrolled on my level 5 Sports massage course and turned my sole focus onto helping people reach their full potential

I started my own business in the summer of 2019, with my treatment room based in Asgard Gym in Newmarket

I've been working full time at Newmarket Town Football club as their sports therapist for the last 3 seasons and I'm proud to be a part of last season's promotion!

I've had the privilege to work with some awesome people from lots of different backgrounds. Helping them reach their goals, whether its competing at the highest level or playing in the garden with the kids.

Alongside my business, I still consider myself an athlete. I train hard on the road bike and race regularly throughout the summer and I play golf. I've been working with Jonny for the last 2 years... my short game still needs some work but I'm getting there!

I'm looking forward to meeting you all, and helping you be your best.

Josh

## **Newmarket Links**

### **How I can help.**

#### **The Problem**

Limited range of motion or injury can severely impact your performance and enjoyment on the course, leading to fatigue, frustration, and even the temptation to put your clubs away for good

#### **The How**

I specialise in enhancing the performance of golfers by providing personalised assessments, understanding individual strengths and weaknesses, and developing customised prehab and rehabilitation programs helping all levels of golfers find peak performance

#### **The Reason**

Imagine playing your best golf without the constant worry of injuries. My mission is to help golfers push their limits and enjoy the game without pain or restrictions, enabling you to enjoy every second of the game.

#### **The Time**

In just a few weeks, you'll start to see the transformative effects of my services.  
Better range of motion, pain free performance and less fatigue

#### **The Client**

My services are designed for dedicated golfers either striving for excellence or individuals who just want to play pain free and without limitations.

#### **The Effort**

Clients simply need to show up. I'll handle the rest. I'll assess your posture, improve your range of motion and flexibility and help you understand what is happening with your body. I'll then put together a plan to keep you pain free AND see some improvements out on the course!

## **My Services**

I offer:

30 minute and 60 minute appointments

(I can do 1 ½ or 2 hour appointments but you need to call to discuss before booking)

This can include:

- Sports Massage
- Stretching
- Dry Cupping
- Kinesiology taping
- IASTM (scraping/blading)
- Posture assessment
- Rehab/prehab plans