



## THE HEKAS WAY: BLENDING SCIENCE & HEALING

At **HEKAS Manchester**, we combine **Western** sports science with **Eastern** healing to help you move better and feel your best. With over **15+** years of experience, we offer personalised treatments using our **UK-patented stretching bed, custom insoles, and authorised IASTM tools**. From **Footballers, Rugby players, HYROX and CrossFit** athletes to **Running club** members and **Marathon** runners or anyone on their feet all day. We treat the root cause, not just the symptoms. Whether it's posture issues, muscle stiffness, or training-related injuries. We are experts in **Sports Massage** in Manchester and a trusted sports injury rehab clinic, providing the recovery and support you need. HEKAS is here to help.

**Injury is a moment. Care is a mission. Commitment is forever.**

