



An interview with Fiona Carruthers, Sports Massage Therapist

Why did you become a therapist? I have always had a keen interest in sport, anatomy and physiology, and this seemed like a great combination of the two. It enabled me to help people whilst doing something I am passionate about. Prior to this, I had several enjoyable years working for an adventure travel company and then at a local housing association.

What training did you do to work in your chosen profession? I studied several courses at Farnborough College of Technology and have gained Level 3 Diploma in Sports Massage Therapy in 2007, Level 4 Certificate in Sports Massage through ITEC in 2014; and BTEC Level 5 Professional Diploma in Clinical Sports and Remedial Massage in 2015. I have also completed qualifications in ultrasound therapy, pregnancy massage, kinesiology taping and most recently myofascial release.

How did you find your job? I started out as a patient at Durham House and when Galin realised I was qualified as a sports massage therapist, she offered me a job doing evenings and weekends to fit in around my full-time office job. Once I had made the decision to do massage therapy full time, I was lucky enough to be able to continue at Durham House.

What do you like about Durham House? I like the relaxed and calming atmosphere the clinic has. Being part of a team is also a big positive, if I need any help or advice I know I can count on my colleagues.

What is a typical work day like? I like the fact that my day is so varied and there is no typical work day. You can treat such a broad range of people from teenagers to the older generation; with a wide range of issues from sport related injuries, to post gardening pain, or just general tension from their jobs.

What is the most rewarding part of your job? Helping people. When someone comes to see you in pain and leaves feeling so much better than when they came in, it is a good feeling to know you have made a difference to their quality of life.

Do you have any tips for people who are worried about having a massage? Have a chat with your therapist first, there are many different techniques we can use to help ease your discomfort. All treatments can be adapted to suit you.

Do you have any tips for people considering a career as a therapist? It's a very physical job and the training is quite intense, so I would suggest chatting to a sports massage therapist to answer any questions you may have. The Level 5 Diploma is an excellent course and I would recommend this to anyone starting out as it sets you up with a deep knowledge base to begin your career.

Is there something within your practice that particularly interests you? I have recently begun training in myofascial release which is an area that I have a keen interest in. Fascia is the connective tissue that surrounds all your muscles, bones, organs, tendons and ligaments. If you have a restriction in the fascia this can affect your range of movement, causing pain and loss of flexibility. Myofascial release can help to unlock these restrictions in the fascia and any painful trigger points that may have developed. It can also be helpful for people with chronic pain conditions such as fibromyalgia. You can learn more about myofascial release [here](#).