

REGIONAL DIRECTOR BIOGRAPHY

Nicky Holbrook

South East UK Region



Nicky qualified in 2015 with a Level 5 Sports Massage & Remedial Soft Tissue Therapist from NLSSM and has since developed her own business in Mid Sussex, Haywards Heath.

Her desire to live actively and to the full started her Sports Massage journey. She loves the outdoors and is a keen Runner, Cyclist, and Swimmer - enjoying competing in Triathlons (up to Half Iron Lady distance) plus some mountain biking and skiing. And as Deacon Blue sang... one day she hopes to get back to her first sporting love, sailing, and “buy myself a dingy and call it Dignity”.

Nicky treats a mix of sports performance, injuries, and chronic pain from her own clinic in Haywards Heath.

She has advanced her qualifications with an Advanced Diploma in Myofascial Release from MFR UK.

Her quest is to always learn more - about the body, how it moves, and adapts, where niggles come from and how to keep fit and healthy and yet continually push herself, remain injury-free, and professionally support her Clients.

Amongst the SMA South-East community, she is keen to encourage more online interaction, support, and collaboration - to share advice, tips, useful industry updates, and potentially meet follow Therapists nearby. She is keen to facilitate the development of the community on a more local level, as the South East is a big region, and to learn what Members would like to see more of from their regional group.