

At Regain Pain Management we fully understand how stress and chronic pain can have an invasive and all-consuming effect on your daily life.

Our therapists understand this. Each of them has had personal experience of chronic pain, now resolved.

We are here to help you.

After the first session, people usually have a reduction in symptoms and can feel immediate benefits.

Our clients are often referred to us when other treatments have not provided the results they needed.

Pain is often reduced and even eradicated after receiving our treatments, increasing overall health and wellbeing.

Therefore, the need for pain medication can be reduced and potentially stopped and maybe surgery avoided.

With more than 30 years' experience across our team, you'll be in safe and professional hands at Regain Pain Management.

REGAIN
PAIN MANAGEMENT

"Mathew Jerome and Regain Pain Management have been fantastic at getting me back to great posture and fitness, even got out to run 170 miles in April during lockdown, couldn't have done this without Mathew and his teams' expert help, great job guys."

Carl W

"I've had a number of myofascial release treatments with Mathew which have changed my life and helped me learn how to manage my condition and my pain levels. Last week I had a TMJ release from Mel Roberts all I can say is wow! My face and neck feel new! Seen a massive difference already!"

Emma R

Regain Pain Management
Manor Health, 5 Rodley Lane, Rodley, Leeds LS13 1LB
0113 870 1000

Visit our website to learn more about our broad range of treatments, approved therapists and genuine customer reviews.
www.re-gain.me

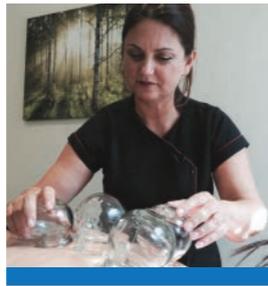
REGAIN
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MELANIE ROBERTS

"She's very easy going, and makes you feel so relaxed and at ease. I have already passed on her details to friends and family."

Manni K-P



Melanie qualified in 2008 and became a teacher in 2018. Having trained and worked with world-class teachers, Mel specialises in:

Blend TMJ Therapy®

Temporomandibular joint disorder. Gentle techniques to ease affected jaw, hips and pelvis.

Scar Work

Improving mobility and reducing scars of all ages and sizes.

KORE Therapy

A unique muscle and neurological test to find the root cause of a problem.

Combining Eastern and Western techniques aches, pains, illness, injury, digestive and emotions can be improved.

Also available:

Acupuncture, Myofascial Release, Advanced Clinical, Deep Tissue, Sports and Anmo Fu Organ Massage, Kinesiology, Korean Hand Therapy, Tui Na, Reflexology, Cupping, Cranio Balancing and Spinal Touch Therapy.

MATHEW JEROME

"I didn't know what to expect, but I am completely amazed that after one session my back and neck feel so much better! 100% recommended!"

Jordan L



Mathew qualified in 2003, and set up Regain Pain Management in 2013 to fulfil his dream of having his own therapy business.

He is versatile and experienced, which enables him to treat a wide range of muscular and postural issues, with particular success for long term migraine/headache sufferers, and he can often identify the root cause of his client's pain and reduce symptoms after just one session.

Mathew's therapies include: Myofascial Release

Muscle Activation
Deep Tissue Massage
Trigger Point Therapy
Manual Therapy

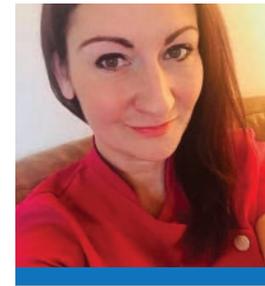
Over the years he has also worked with many football clubs, and is currently head of injury and rehabilitation at Bradford City Football Development Programme.

Learn more about our broad range of treatments. www.re-gain.me

RACHEL BROOK

"This was amazing! I had so much tension in my neck and shoulders and it was like it just melted away. The treatment is like nothing you've had before!"

Lisa B



After being diagnosed with ME aged 16, Rachel began researching alternative therapies. She found it fascinating and benefitted from different treatments. Aged 20 she achieved a diploma in aromatherapy full body massage.

Following her own chronic neck pain she received treatment from Mathew Jerome for myofascial release. This drove her to train and develop her skills in Myofascial Release.

Rachel has continued to research and include new therapies in her range.

Rachel's treatments also include:
Angelic reiki
Indian head massage
Hot stone massage
Pregnancy Massage
Reflexology

Rachel provides bespoke treatments for her clients and continues to develop the range of therapies she provides.