

# andrew aitken massage

REMEDIAL &  
STRUCTURAL  
BODYWORK

## About Andrew Aitken

---

A question often asked is,  
“How did you get into massage?”

Well, believe it or not Andrew suffered a lower back injury while working in a job that involved a great deal of lifting and bending. Massage proved to be the answer. It was simple, effective and it worked.

After the relief found in massage, Andrew decided to learn the art in order to help other people. So he found the best place to study and enrolled. That was in Australia, where he lived for eight years after deciding to go out and see the world.

He graduated in January 2000 from the Melbourne Institute of Massage Therapy, having been trained by some of the best lecturers and practitioners in the country.

This gave Andrew access to some of the most up-to-date information and techniques from the Australian Institute of Sport and Sports Medicine Australia, two of the foremost research and development bodies in the world of bodywork and sports health in general.

**Penny Withers Studio**  
16 Newton Place  
Glasgow G3 7PR  
07860 714 696

**The Buckingham Clinic**  
24 Buckingham Terrace  
Glasgow G12 8ED  
0141 339 4340

[message@andrew-aitken.co.uk](mailto:message@andrew-aitken.co.uk)

“he has a wonderful  
touch and a wonderful  
knowledge”

After two and a half years of full time training, he continued learning by working alongside some very well regarded osteopaths, physiotherapists and dentists. Continuing Professional Development has included numerous weekend workshops and short courses.

Andrew returned to Scotland in January 2006 and settled in Glasgow with his young family.

He has worked with a number of elite sports men and women and professional sports clubs, as well as many serious amateur athletes in Australia and more recently in Scotland, including –

- Hawthorn Australian Rules Football Club
- The Australian and Victorian Football League’s Umpire Department
- The Australian Junior Track Cycling Team
- Australian Olympic and Paralympic runners and swimmers
- Scottish National level runners and hockey players

Andrew is also experienced in –

- Day-spa type treatments
- Specialist massage for people with disabilities
- Remedial pregnancy massage techniques

His academic massage qualifications are –

- Certificate in Sports Massage [CtMT(sports)]
- Diploma in Remedial Massage [DipHSc(Rem.Mass)]

He also hold qualifications in Media Studies, Communications, Youth Work and Training & Assessment.

