

Complementary Medicine & Remedial Therapies Practice



We can assist in improving & maintaining your Health

We can assist in improving and maintaining your Lifestyle

We can assist in improving and maintaining your Fitness

*Good Health
Always*

3 words we all want to hear and enjoy

All rates listed contain a 15% fee reduction from our Standard Practice Fee's. Offer to Sports & Healthclub members and or Professional - proof maybe required. **OFFER CODE: GHASP25**

Relaxation Therapy Massage.

Rates: 60mins@\$60, 90mins@\$80 or 120mins@\$110 Appointments

1. **Soft Tissue Mobilization**
 - A form of gentle massage to improve the function and mobility of the muscle tissue.
2. **Trigger Point Massage**
 - Deep tissue massage to trigger points.
3. **Joint Mobilization**
 - Firm yet gentle pressure applied over a joint through movement to restore normal functional mobility of that joint

Remedial Therapy Massage.

Rates: 60mins@\$70, 90mins@\$90 or 120mins@\$130 Appointments

Remedial massage focuses on treating injuries, muscular aches and pains and postural imbalances

- Remedial Massage Therapy is a hands-on therapy that employs techniques aimed at treating specific musculo-skeletal ailments. That is, problems associated with your muscles, tendons and ligaments.
- Your tendons and ligaments attach your muscles to your bones, so the term musculo-skeletal refers to those softer tissues, and also to the effect they have on the integrity (alignment) of your skeleton.
- Remedial massage can strengthen your body, improve your posture, increase stamina, improve your digestion, muscle flexibility, circulation, and perhaps surprisingly, help you maintain emotional and psychological balance.
- Remedial massage plays an important role in maintaining your structural integrity, by restoring your muscles to their proper working length, giving you more freedom of movement, more vitality, and importantly, relief from pain

Conditions Helped by Massage

- *Fatigue & *Headaches
- *Arthritis
- *Anxiety
- *Back Pain
- *Carpal tunnel syndrome and other repetitive motion disorders
- *Strains, sprains and other soft tissue problems
- *Sciatica
- *Relief from tension related respiratory disorders such as asthma

Key Benefits

- *Relief from travel fatigue and jet lag
- *Relief from anxiety, headaches and migraines
- *Relief from eye strain and aching back muscles
- *Reduced muscle tension
- *Reduced stress
- *Improved blood circulation
- *Improved posture
- *Better lymph movement
- *Increased mobility and range of motion of joints
- *Reduced blood pressure
- *Diminishes insomnia
- *Stimulated or soothed nervous system
- *Enhanced skin condition
- *Relief of acute and chronic pain
- *Reduced swelling
- *General relaxation

Sports Therapy Massage.

Rates: 60mins@\$70, 90mins@\$90 or 120mins@\$130 Appointments

- ***Did you know that a Sports Massage can improve and enhance your performance as an athlete?***
- ***Did you know that you could reduce your chance of an injury during an event just by receiving massages regularly?***

Sports Massage Techniques that consist of muscle-specific applications that enhance or relax the muscles for conditioning an athlete for their pre/post event.

Sports Massage with Electronic Acupuncture -enables you to effectively reduce and relieve your pain symptoms caused by cervical spondylosis, scapulohumeral periartthritis, arthritis, and lumbar muscle pain, as well as alleviate symptoms of peripheral nerve palsy and myalgia (muscle and nerve pain) through therapeutic massage and non-invasive acupuncture.

Neuromuscular Therapy - Also known as trigger point therapy or deep tissue massage. This approach uses a concentrated amount of pressure on effected areas of the muscle to relieve pain and muscle spasms and/or tightness.

Overview

Sports massage can be considered to be the specific application of massage techniques to achieve a specific goal when treating an athlete. There are three key principles which are applied to understand which type of sports massage is to be given to the athlete. **The principles are Timing, Technique and Intent.**

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Timing, in the case of sports massage, refers to whether the massage is given pre-event, post event, during recovery, during maintenance period or during rehabilitation. Therefore a sports massage may be given to a fighter before a tournament in order to help them stretch their muscles. It can be given after an event to help the athlete relax. It may be given during a break as a 'quick fix' to a minor problem or it may be given to help heal a long term injury.

Technique refers to the particular type of application or method utilized in the sports massage. Some of the techniques are effleurage, friction, petrissage, vibration, shaking, compression, broadening strokes, direct pressure, cross-fibre friction, and range of motion and stretching. Most massage therapists practicing sports massage become specialists in this field and focus solely on sports massages.

The Intent of the massage refers to the desired goal of the sports massage. Therefore intent is the reason for the massage. It can be to warm up, to increase the blood flow, to stimulate neurological pathways, to aid recovery from exertion, to increase flexibility, to improve strength or to improve posture.

Taking examples from the above, if a sports masseur is to provide a pre-event massage in order to warm up the body and increase the blood flow, then techniques which are commonly used are friction, compression, shaking and stretching. In the case of a post-event massage with the intent being to aid in recovery from exertion, effleurage, petrissage, compression, broadening strokes and range of motion. Lets say if the sports massage was to assist the proper formation of scar tissue to an athlete, then effleurage, compression and cross-fibre friction which will be followed by ice treatment and movement.

Most deep tissue massages are conducted only by certified masseurs and experienced professionals. Sports masseurs are probably the most highly paid amongst the masseurs and this is clearly because of the importance of their work. The right application of a massage at the right time can prevent a lifetime injury. They are usually available in the locker room before and after the event and on the grounds during the event. They will come to practices and provide regular sessions to each athlete of the team according to that athlete's specific physical structure and body requirement.

It is quite clear that understanding and applying a sports massage is not as simple and this is the reason that even masseurs need to become specialists in this kind of massage. Mastering the art of sports massage takes years of education and experience not to mention a passion for sports. **There is no single modality, technique or approach that will work every single time.**

Sports Massage has many significant benefits and has become a part of the athletic regimen for not only professional athletes and Olympic training athletes but for the "every day" athlete as well. Muscles that are heavily exercised can lose their ability to relax causing a lack of flexibility and muscle tightness. Lack of flexibility and tightness is often related to muscle soreness and predisposes you to injuries.

Benefits of Sports Massage include:

- Improved flexibility and elasticity of muscles
- Reduces tightness and/or soreness
- Boost power and performance
- Restores mobility to injured muscle tissue
- Speeds up recovery time
- Increases the flow of blood and nutrients
- Reduces tightness and/or muscle spasms
- Helps eliminate muscle cramps and/or muscle spasms

Sports Massage is all about prevention, maintenance, and recovery for you and your athletic goals and performance

GoodHealthAlways Remedial Therapy Practice.

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**Professional Studio Services, located in Mt Waverley
7days aweek 8am -11pm. (By appointment only)**

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