

## Schedule of Fees

### Massage Therapy

30 min	\$45
45 min	\$55
60 min	\$70

### Cupping Therapy

\$30

Allow 20 minutes for cupping therapy treatment. An initial massage treatment of either 30, 45 or 60 mins is required to determine if cupping therapy is appropriate

### Dry Needling

\$25

Allow 15 minutes for dry needling treatment. An initial massage treatment of either 30, 45 or 60 mins is required to determine if dry needling is appropriate.

Above fees are inclusive of GST

## Profile

Peter Kotsiras is a nationally certified Remedial Massage Therapist gaining his accreditation from the Australian School of Therapeutic Massage.

His impressive credentials, extensive involvement in the health industry and countless hours of 'hands on' experience have given him an admirable reputation as a skilled massage therapist.

## Qualifications

- Diploma of Remedial Massage
- Certificate IV in Therapeutic Massage
- Diploma in Traditional Thai Massage
- Certificate in Trigger Point Therapy
- Certificate in Deep Muscle Therapy
- Certificate in Dry Needling
- Certificate in Cupping
- Certificate in Corporate Seated Massage
- Level 1 Sports Trainer
- Level 2 First Aid Certificate

## Associations

Australian Association of Massage Therapists

## Remedial Massage

*by Peter Kotsiras*



**Simply Therapeutic**

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## Remedial Massage

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Remedial massage incorporates several techniques that are intended to assist in healing, relieving pain and improving the health of our body. Sensitive points in our muscles often refer pain to other parts of our body. For instance, headaches may actually originate from strained muscles in our neck. Remedial massage helps to stimulate blood flow in these areas, thus reducing pain, swelling and speeds up the body's natural healing process. Remedial Massage may be used to treat:

- Work and sports related injuries
- Back and neck pain
- Headaches and migraines
- Joint pain/arthritis
- Sciatica

## Sports Massage

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Sports Massage is the application of Massage and Stretch techniques to our muscle and connective tissues of our body. It is designed to enhance physical performance, alleviate stress, tension and muscle soreness. Sports Massage promotes flexibility by increasing the range of movements promoting faster recovery from injuries. It may be performed before, during or after physical activities.

Sports massage may also assist in treating minor injuries and lesions that occur due to overexertion or overuse.

## Relaxation Massage

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Relaxation Massage helps to increase blood flow by easing muscular and psychological tension. It rebalances vital body energies giving you a chance just to relax, de-stress and enjoy a time of peace and tranquillity.

## Deep Tissue

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Deep Tissue Massage is a technique that uses slow, deep and intense massage strokes across the grain of our muscle. Greater pressure is applied to deeper layers of our muscle than that of relaxation/swedish massage. It is beneficial for healing physical injuries, chronic tension due to joint restrictions, structural misalignment and emotional stresses within the body.

## Cupping Therapy

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Cupping therapy is a traditional Chinese modality that uses cups placed on the skin to draw up underlying tissues. When the cup is rolled up the skin or left in place for 5 to 15 minutes it causes tissues to release toxins, activating the lymphatic system, clearing blockages and increasing blood flow. It is commonly used for:

- Lower back problems
- Sciatica
- Stiff shoulders
- Muscular and joint pain
- Bronchial asthma
- Common cold and influenza
- Skin complaints
- Premenstrual pain

## Myofascial Release

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Myofascial Release is an effective hands-on therapy, which can directly change and improve the health of fascia (underlying skin). Its purpose is to break down scar tissue, relax the muscle and restore good posture. Myofascial release usually begins with a gentle massage, which is designed to warm and loosen muscles. Areas of tension are identified that require stretching. Myofascial release can be intense at times, especially in the case of muscles which are holding a great deal of tension and stress.

Myofascial release frees the fascia thereby allowing muscle movement more easily and efficiently.

## Dry Needling

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Dry Needling is used for the treatment of muscle pain and dysfunction. It involves introducing fine, sterile acupuncture needles into "trigger points" (knots) of muscles. Dry Needling alleviates the symptoms of trigger points and is commonly used for the treatment of:

- Neck pain
- Hamstring and lower back problems
- Headaches and migraines
- Stress
- Sporting injuries
- Jaw pain
- Muscular tightness
- Chronic pain syndrome