

# MASSAGE THERAPY

Massage focuses on the manual treatment of soft tissue including muscles, tendons, ligaments and fascia. Remedial therapists use a number of different hands-on techniques to diagnose and treat underlying conditions and problems.

Massage Therapists recognise and values the healing properties of touch and is a very safe and non-invasive form of treatment. Each treatment is tailored to the patients' presenting complaints, which can include maintenance for office workers and sporting people. A plan is devised for appropriate changes in lifestyle, work practise or exercise and massage therapists can work with physiotherapists to gain the best results for each patient.

Each treatment can consist of a 30 minute or a 60 minute consultation where a brief history is taken, specific assessment of joint range of motion and a treatment plan is discussed and implemented.



## Availability

Thursday 11am - 7pm

Saturday Mornings

## Cancellation Policy.

We require 24 hours' notice to cancel or re-schedule an appointment. If less than 24 hours is not given you will be charged a cancellation fee of \$25. If you do not attend a session without providing notice you will be charged the full fee.

