



## Massage

### PHYSIO4ALL now offers professional massage!

Massage therapy is an alternative medicine with which the hands are used to manipulate muscles and ligaments. Massage is used for relieving muscle tension, improving circulation and reducing pain. It can help break chronic pain cycles such as headaches associated with neck pain, since headaches often result in excessive muscle contraction that then worsens the headache.

#### The Benefits of Massage

Perhaps the most potent effect of massage is deep relaxation. Relaxation helps to slow breathing, promote muscle relaxation, increase endorphins and reduce stress hormones, such as adrenalin and cortisol. This in turn helps to boost immunity, and relieve symptoms of anxiety and depression.

#### Types of Massage

There are many types of massage available for different purposes.

**Remedial:** encourages healing of injured soft tissue and can assist with recovery

**Sport:** aims to improve performance by reducing tension in overworked muscles, and stimulating inhibited muscles

**Myofascial:** this type of massage aims to reduce and prevent soft tissue soreness and restriction of movement at joints caused by myofascial dysfunction.

**Deep Tissue:** Firm manual techniques to target relaxation and improve circulation to deep soft tissue.

**benefits of regular massage**

**physical benefits** • relaxes the body • calms the nervous system • lowers blood pressure • reduces heart rate • slows respiration • stretches connective tissue • reduces chronic pain • improves red blood cell count • relieves tired and aching muscles • improves muscle tone • relieves cramped muscles • speeds recovery from injury • reduces tension headaches • increases tissue metabolism • decreases muscle deterioration • speeds recovery from illness • increases range of motion • speeds elimination of metabolic waste • increases blood and lymph circulation • stimulates release of endorphins • strengthens the immune system • reduces swelling • improves posture • Improves skin tone

**emotional benefits** • reduces anxiety • enhances self-image • provides a feeling of well being • nurtures and Stimulates emotional growth

**mental benefits** • reduces mental stress • promotes quality sleep • improves productivity • induces mental relaxation

# PHYSIO4ALL

REVITALISE - BOUNCE - BE HEALTHY

## Massage & Physio: How do they fit together?

Massage is a great accompaniment to physiotherapy and can assist with recovery from injury. While massage has proven effects, physiotherapy is targeted toward the underlying cause of pain, soreness and restriction of movement. Physiotherapists clinically assess and diagnose conditions as a result of injury, degeneration and biomechanical weakness/imbalance. Massage therapists can not diagnose. Massage is just one skill physiotherapists use, as well as joint mobilisation, trigger point release, dry needling, cupping, cryotherapy, home exercise prescription (including strengthening and stretching) and advice on ergonomics/activity modification. Without physiotherapy, issues with the body will continue in the long-term despite any short term relief from massage.

## What We Offer

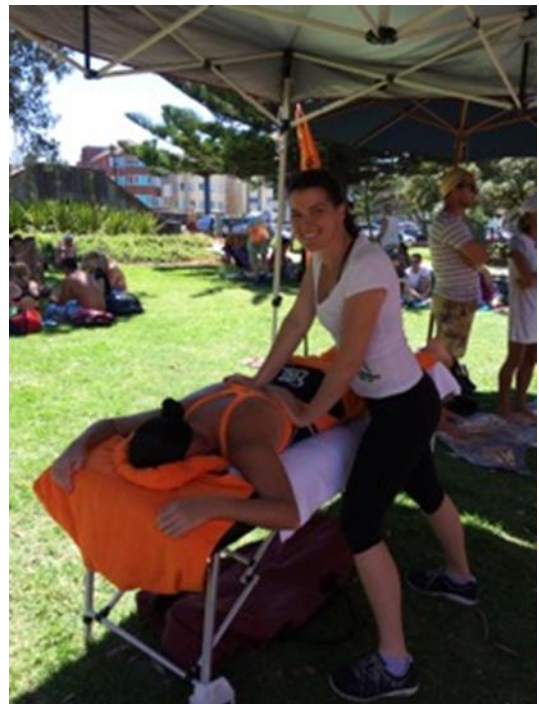
We welcome Camilla Baker to our clinic. Camilla is a highly qualified massage therapist with experience working for elite national and international rugby teams including The Wallabies, The All Blacks, The South African Rugby team, The English Rugby 7's team, The Manly Sea Eagles, NSW Waratahs and The NSW State of Origin team.

Camilla specialises in and offers:

- Sports massage
- Remedial massage
- Deep tissue massage
- Myofascial massage
- Myofascial cupping

### Appointments available:

- **Thursdays 1.30pm to 6.30pm**
- **1hr massage: \$110**
- **By appointment only**
- **Health fund rebates may apply**



Suite 2, Ground Floor, 90 Arthur St, North Sydney NSW 2060

T 02 9922 2212 W [www.physio4all.com.au](http://www.physio4all.com.au) E [info@physio4all.com.au](mailto:info@physio4all.com.au) ABN 77 548 297 578