

Massage

RELAX

RELEASE

RECOVER

REPAIR



Deep tissue, myofascial, Swedish massage. The name doesn't really matter. Massage is an excellent therapeutic form of managing stress and treating musculo-skeletal disorders.

Massage is not just good for relaxation. It is known to benefit a wide range of problems including sports injuries, spinal pain, headaches, circulatory disorders, myofascial pain and other problems.

Massage therapy is provided by our experienced physiotherapists. Physiotherapists understand your body and any specific needs or limitations due to injury. The massage focuses on the normalisation and release of soft tissues affected by stress, injury and illness through the use of manual massage techniques. Massage also has

been shown to increase endorphins, the body's natural pain killers.

Your physiotherapist will ensure that the technique of massage utilised suits both your problem and your personal preference. This will enhance the benefits and enjoyment of your treatment. The massage may be used in conjunction with other physiotherapy treatment or as a stand alone treatment.

Massage therapy is performed at the Woodlands Physiotherapy practice with all the benefits offered to other physiotherapy patients. Massage therapy costs provided by a physiotherapist are claimable from your health fund.

Our services:

- Back and neck care
- Sports physiotherapy
- Acupuncture
- Continence Management
- Real time ultrasound
- Clinical Pilates
- Massage therapy
- Rehabilitation programs
- Return to work programs
- Fitness programs
- Manipulative physiotherapy
- Women's health physiotherapy
- Paediatric continence management
- Musculo-skeletal physiotherapy

For further information and bookings, contact reception at Woodlands Physiotherapy.

Experience the difference

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Woodlands

Physiotherapy