

What is Musculoskeletal Therapy?

Musculoskeletal therapy is an advanced development in the field of remedial massage. The aim is to provide a thorough and individualised service to address a range of muscular and joint issues. Your pain, tightness and areas of dysfunction can be treated in a gentle and effective way.

What does it treat?

The most common reasons that people choose Musculoskeletal Therapy are:

- Muscular aches and pain
- Tightness in muscles and joints
- Headaches
- Neck and back pain
- Posture correction
- Joint pain
- Feeling of the back being "out"
- Preparation for sporting events
- Muscle weakness or nerve pain
- Body alignment
- Hip or pelvic dysfunction
- Injury recovery and rehabilitation



Benefits of Musculoskeletal Therapy

With Musculoskeletal treatment, you can gain a better understanding of what is causing the problem and steps to resolve it. Your Therapist will guide you through exercises and stretches to increase your range of movement and help alleviate pain.

Clients who have received Musculoskeletal therapy will typically report:

- Less pain
- Increased movement
- Improved posture
- Increased productivity and effectiveness at work

How many treatments will I need?

Some clients are able to feel a significant improvement after one or two treatments. In some instances of chronic pain, long term injury or repetitive strain, follow up treatments may be recommended.

How is it different from massage?

Musculoskeletal therapy will include a thorough history and assessment of your body mechanics to determine the cause of any dysfunction. Remedial massage is the basis of the treatment and other techniques such as stretches, joint mobilisation, cupping, strapping and needling can be used if appropriate.

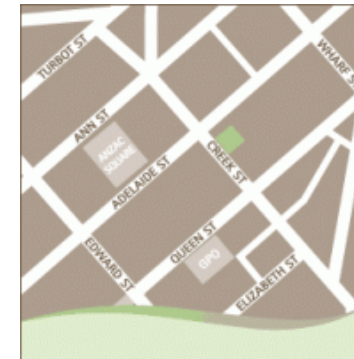
Can I get a health fund rebate?

If you are covered for remedial massage under your private health fund, we can offer rebates for Musculoskeletal therapy. See our website for a list of HICAPS participating

How do I make an appointment?

The initial consultation and treatment is one hour. We encourage you to phone ahead to book at time that suits you. To make an appointment call us on **(07) 3229-0115**.

For pregnancy: please note we are unable to treat you in the first trimester (13 weeks).



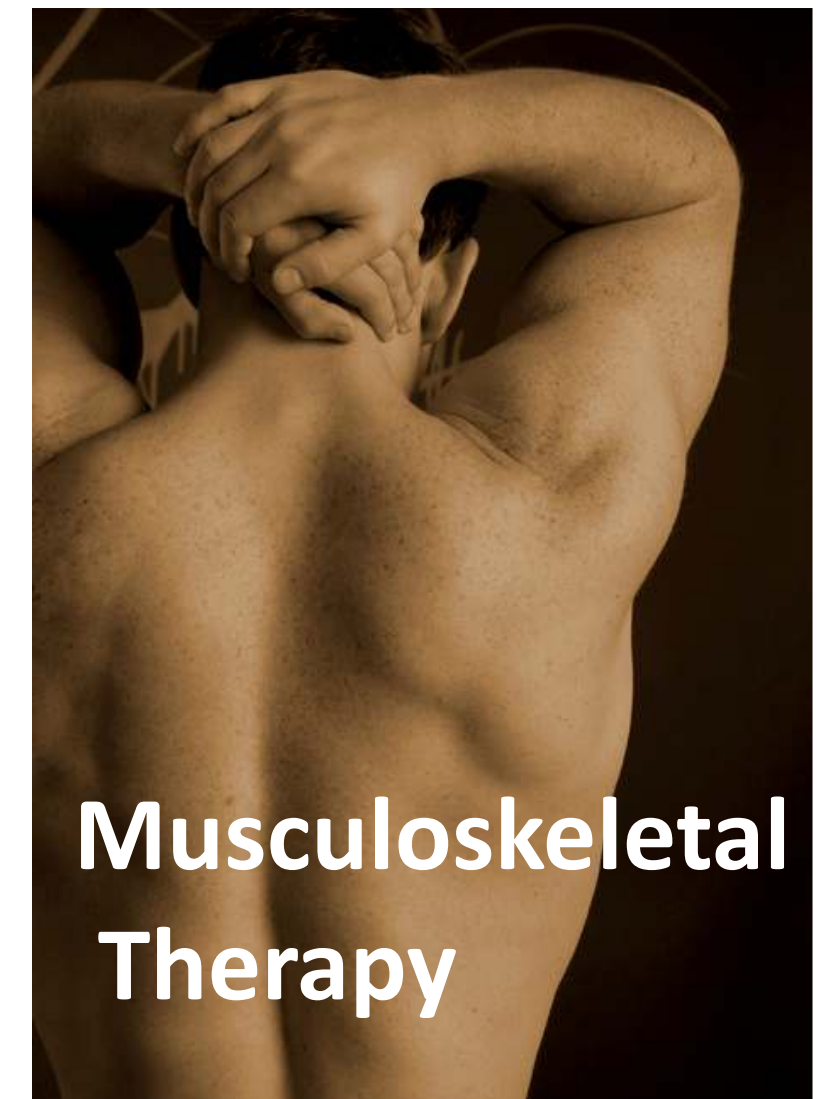
**Centrally located
in Brisbane's CBD
99 Creek Street (cnr Adelaide)**

**(07) 3229 0115
www.assiram.com.au**

Opening hours

**Monday - Friday
8.30am - 7.00pm**

**Saturday
9.00am - 3.00pm**



Musculoskeletal Therapy

Telephone (07) 3229 0115

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