

MASSAGE THERAPIST

Our clinical Massage Therapists are trained from a prestigious school of clinical massage. They are well exposed to physiotherapy and possess good knowledge of various musculoskeletal conditions, limitations and contraindications in the field of massage therapy. They work hand-in-hand with the Physiotherapists at the Centre.

PHYSIOASSIST MASSAGE THERAPY provides full body massage complimented by our program for improving general health and well-being by drawing on the expertise of the various allied health professionals at *Bainsphysio*™

Our Physiotherapeutic assessments are keyed into a database accessible throughout the centre via computer terminals. This ensures inter disciplinary communication to provide better understanding of the cases seen in this centre.

Do you suffer from:

- STIFFNESS
- WEAKNESSES
- TIREDNESS & FATIGUE

Come for a massage session with us !!
and enjoy a soothing and long lasting effect.

Physio fitness [®] **Centre**

ASSIST

Your Family Physio Clinic

Incorporates

PHYSIOASSIST FITNESS CENTRE[®]
that caters for
total
well being.

PHYSIOASSIST[®]
YOGA

A GYM FIT FOR PEOPLE AFTER 40
provide a
fitness program to tone
Muscles for

**Diabetics • Hypertensives • Weak • Aging
and Physically Disabled**

PHYSIOASSIST SLIMMING PROGRAM
look good without skipping that chee.....ese Cake !!

SWEAT *it* **OUT**

in our
FIR HEALTH CABINS
(Come for a Free trial)

Call for an Appointment

03 4108 3567

03 4107 3566

Bains Physio™

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Massage Therapy

Massage Therapy

"Massage is a health treatment. Athletes use it. Doctors and physiotherapists prescribe it. Lawyers, social workers, artists, computer programmers, stock brokers, plumbers and your neighbours all benefit from it." *Health (April 1987) USA.*



Skillfully applied, massage is one of the more effective means of helping the body structures to function properly. The type of massage and method of application, determines the quality and the quantity of its effects.

It has often been reported that massage results in aches and pains the following day which may linger even longer and sometimes, becomes a medical condition. Why make a mistake that could land you at your physiotherapist's or doctor's doorstep?

"Don't let
pain bother
you
anymore" !!

We, at Bainsphysio™ would like to announce the addition of PhysioAssist Massage Therapy to our many other services. Pioneering this concept, our qualified Physiotherapists will thoroughly examine you in our centre, following which guidelines will be set for a session with our Professional Massage Therapist.

"Massage is one of the oldest mode of treatment, not only among homo-sepeian but also amongst the animals, that bring about soothing and relaxed"

General Benefits of Massage Therapy

1. Increases blood circulation thus improving the nourishment and development of muscles.
2. Enhances nervous and cell activities.
3. Improves range of motion of joints, which may be restricted due to ageing, past injuries, sedentary lifestyle, inflammation and muscle strain.

TYPES OF MASSAGE THERAPY:

Neuromuscular Therapy (NMT)

Specialized massage techniques are used to work individual muscles at their points of attachment to the bone.

NMT thus reduce or eliminate pain & trigger points; restores correct posture & increase flexibility.

Orthopaedic Massage Therapy (OMT)

Specialized technique which has an oscillatory wave mobilization strokes given to the muscles.

OMT thus helps relieve the pains in Orthopaedic conditions after Physiotherapy.

Myofascial Release (MFR)

Do You Know, the largest organ in the body is Connective tissue Matrix?

This massage is focused on the fascial system, which is a network of connective tissues that holds the body together. A restriction in this system results in the reduction in flexibility, pain and a loss of endurance. Circulation of blood and lymphatic fluid may also be impaired due to fascial restrictions. This therapy involves the application of light traction to the area of pain or restriction.

MFR thus helps improve flexibility, relieves pain, increases endurance & helps the immune system by increasing blood and lymphatic flow.

Sports Massage Therapy (SMT)



Sports massage is used by professional athletes throughout the world to prepare them for upcoming events or aid in recovery after a vigorous workout or competition

SMT helps to prevent and relieve over-use injuries, speeds recovery time after training and or injury, lengthens the muscles which are shortened due to spasms and frequent training, thus enhances athletic abilities.