



## YOUR TREATMENT OPTIONS - Book online or call 4393 1200

### About Chiropractic

A chiropractor is a health care professional focused on the diagnosis and treatment of neuromuscular disorders, with an emphasis with treatment through manual adjustment of the spine. Chiropractors seek to reduce pain and improve the functionality of their patients as well as to educate them as to how they can improve their own health. The centre offers a complimentary spinal assessment for new clients. **Chiropractic Practitioners:** Kane Anderson, Nikita Mohan

**Appointments:** Monday to Friday, Saturday fortnightly or other time by appointment

### About Dry Needling

Dry Needling, also known as Myofascial Trigger Point Needling, specifically works to assist musculo disorders and is sometimes also known as intra-muscular stimulation (IMS). Dry needling is particularly good for muscular discomfort or injuries that are slow to improve or recover. A dry needling treatment requires effective manual assessment in conjunction with physical therapy. Research supports that dry needling may improve pain control, reduce muscle tension, normalises nerve dysfunction and often accelerates the return to normal activities. Can be combined with chiropractic in a 30 minute treatment.

**Chiropractic Practitioner:** Nikita Mohan **Appointments:** Monday and Friday 9am-5pm

### About Remedial Massage, Sports Massage, Pregnancy Massage & Lymphatic Massage

Remedial Massage treatment is a treatment that assists with muscular or connective tissue discomfort and/or injury. The benefits from Remedial Massage may include reduced muscular tension, improved circulation, increased joint mobility and flexibility, stimulation of the lymphatic system and the reduction of stress assisting the body the heal or recover from injury.

**Massage Practitioners:** Sylvia Debono, Naman Sinha, Mere Montgomery, Fionna Middler, Dean Morris, Teri-Ann Kelly

**Appointments:** Monday to Saturday, Sunday (by appointment)

### About Myofascial Therapy

Myofascial works with the entire structure physiology and body mind. Myofascial Release may be combined with remedial massage and/or other massage techniques. Myofascial Release is a powerful, interactive stretching technique which treats soft tissue dysfunction. Therapists may use Myofascial techniques in combination with other massage therapy methods. Light touch and light stretching techniques are used to encourage relaxation then allowing deeper restrictions to be accessed and treated.

**Massage Practitioners:** Sylvia Debono, Naman Sinha, Mere Montgomery, Fionna Middler, Dean Morris

**Appointments:** Monday to Saturday, Sunday (by appointment)

### About Trigger Point Therapy

Trigger Points are muscle fibres that contract and refer pain throughout the body in a predictable pattern. Using specific compression techniques, a Trigger Point Massage seeks to "switch off" the contraction in the muscle fibres thus relieving the pain. Therapists will utilise their thumbs, elbows and braced fingers to effectively alleviate trigger points.

**Massage Practitioners:** Sylvia Debono, Naman Sinha, Mere Montgomery, Fionna Middler, Dean Morris

**Appointments:** Monday to Saturday, Sunday (by appointment)

### About Hot Stone Therapy

Hot stone therapy goes back to ancient civilisations where it was believed that hot stones had many healing properties particularly for cleansing the body, relaxing the heart, grounding the soul and soothing the mind. For hundreds of years Hawaiians have been using hot stones with heat, colour and sound (chants) for healing in order to restore balance in body, mind and spirit. The treatment involves placing hot stones on pressure points and chakra points and massaging with oiled hot stones. Aromatic oils can also be used. We now bring this ancient therapy to the Lake Spa centre. **Massage Practitioners:** Sylvia Debono

**Appointments:** Tuesday to Friday

### About Naturopathy

Naturopathy is a distinct system of health care. The unpinning principle is to treat the cause and not treat the symptoms alone. Naturopathy treats the whole person to enhance their physical and psychological wellbeing. Naturopathic care is well suited to clients of any age and may include herbal medicine, nutritional support, dietary and lifestyle advice. Naturopathy is excellent for children, adolescents, pre and post-pregnancy, common female conditions, but also will assist the whole person during the chronic disease processes. Iridology may be used during assessment. **Naturopathic Practitioner:** Michelle Townsend

**Appointments:** Monday, some Saturday's or at other times by arrangement