

Massage Therapy

For more information on all types of injuries visit:
<http://www.cssphysio.com.au/forpatients.html>



Sports & Remedial Massage

At Concord Sport & Spine we offer a Sports & Remedial Massage service, provided by our expert therapist Jeremy White. Jeremy spent years working in the finance and business sectors, but 17 years ago decided to pursue a career in massage. He completed a Diploma of Remedial Massage in 1997, and has worked in the field ever since. He has subsequently gained experience in other massage specialties, including:

- Sports Massage
- Deep tissue bodywork
- Relaxation massage
- Lymphatic drainage
- Trigger point therapy
- Acupressure
- Reflexology

Jeremy takes pride in his ability to structure each massage to suit the individual needs of his client. He offers half-hour and one hour massage sessions by appointment.



There can be for the whole body or targeted to specific problem areas. Gift vouchers are available.



The following is a summary of Jeremy's description of massage & its benefits:

Benefits of Massage include:

- Enhanced relaxation
- Reduced pain
- Improved flexibility & joint mobility
- Better muscle balance
- Assistance to tissue repair & cellular recovery

- Improved circulation
- Reduced scarring and tissue adhesions.

Massage improves blood and lymph circulation. Toxins and waste products are more easily eliminated, which allows nutrients & essential gases to be more readily absorbed by the cells. This aids repair & recovery, and in turn prevents illness & muscle stress. By easing muscle tension, massage reduces strain on the nervous system & encourages relaxation.



Massage assists with many health issues including:
Stress headaches: This is achieved through loosening neck, shoulder and scalp muscles & their attachments. By reducing muscle tension due to musculoskeletal disorders, massage can decrease the recurrence of migraine.

Recovery: Massage creates a localized increase in pressure, which helps with the removal of muscle waste products, including lactic acid. Lactic acid builds up in muscles during and immediately after strenuous exercise, delaying recovery & inhibiting the muscles ability to function normally.

Injury Prevention:

Better recovery and overall muscle balance leads to lower risk of injury. Massage assists in releasing and stretching 'hard to get-at' tissues, improving overall flexibility.



Rehabilitation:

Massage can be beneficial after surgery, injury or illness. It stimulates nerves, muscles and lymph, aiding mobility, waste excretion and nutrition in affected areas. In chronic conditions, regular treatments will help to counter the effects of tension due to adverse muscle memory and central sensitization. Muscles need



to re-learn their relaxed state.

Diabetes:

Diabetes adversely affects circulation and nerve function, leading to muscle atrophy and nerve insensitivity. Massage can help to return some of the function & feel, and may help to slow the deterioration. A maintenance programme will assist with mobility, circulation and skin sensation.

Please contact us if you would like a printable copy of this document.

Information on physiotherapy management of injuries is available at:

<http://www.cssphysio.com.au/forpatients.html>

Do you suffer from muscular discomfort, tension, aches, or a sports injury?



Concord Sport & Spine Physiotherapy
202 Concord Road
Concord West, NSW 2138
Sydney, Australia.

Ph (02) 9736 1092

Email: info@cssphysio.com.au

Web: www.cssphysio.com.au

Copyright © 2014 Paul Monaro. All Rights Reserved