

# Mobile Rehab Massage Therapy

## *different types of massages offered*

Massage is an intervention that can help relieve symptoms of pain and stress and improve your ability to function to your best ability. As part of your consultation our massage therapist will assess your health status and provide treatment techniques tailored to your needs and discussed with you. Outlined below are some common types of massage treatments available.

### **Remedial Massage**

What it is:

- Remedial massage aims to return the body to normal health by reversing the physical effects of pain or decreased mobility and function
- Often targeted to pain management caused by chronic musculoskeletal and postural conditions or injuries
- Will involve an assessment which may include range of motion testing and measurement of pain ratings
- Treatment may include somewhat firmer pressure (but never causing pain), deep tissue massage and trigger point therapy

What it's good for:

- Pain caused by bad posture, arthritis or through a fall, regular headaches or migraines, improving joint range of motion, assisting with mobility by helping to reduce muscle tension

Note: Private health funds may offer a rebate for remedial massage

### **Therapeutic Massage**

What it is:

- More gentle manipulation of muscle with light to moderate massage pressure (but never causing pain)

What it's good for:

- To help prevent and alleviate the discomforts of stress, headaches, migraines, muscle spasms and cramps
- Excellent for general health and wellbeing

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## Lymphatic Drainage Massage

What it is:

- The use of specific massage techniques consisting of a gentle, rhythmic motion which moves lymph fluid towards lymph nodes to be filtered and refreshed

What it's good for:

- Detoxification and supporting the body's immune system
- Assisting with slight fluid retention, can help remove toxins from the body

## Seated Massage

What it is:

- Massage techniques that are applied to the body and in a seated position
- Most commonly the neck and shoulders

What it's good for:

- Excellent for the treatment of migraine.
- Suitable for clients unable to transfer to a bed/table and lay on their stomach, can be done in the clients walker
- Just need access to the neck, shoulders, back, front of legs, feet, arms, hands, chest

## Reflexology

What it is:

- The application of moderate pressure to specific points and areas along the feet, hands or ears which correspond to different body organs and systems
- Moderate pressure but never causing pain, generally performed on the feet,

What it's good for:

Assists in restoring balance, treating pain and boosting a sluggish circulation

**If any of the above services interest you, get in touch with us!**