



9889 1078

Chat to one of our specialists to see how we can best help you.

# Remedial Massage

## What is a Remedial Masseur?

Remedial masseurs are practitioners that form a component of the multi-skilled manual therapies within the Allied Health Profession. Manual therapy is a discipline of Health Care that encompasses a range of treatment modalities including Osteopathy, Physiotherapy, Myotherapy, Remedial Massage and Chiropractic.

## What do Remedial Masseurs do?

Remedial massage is the application of different techniques in the treatment of muscular pain and dysfunction that affect human movement.

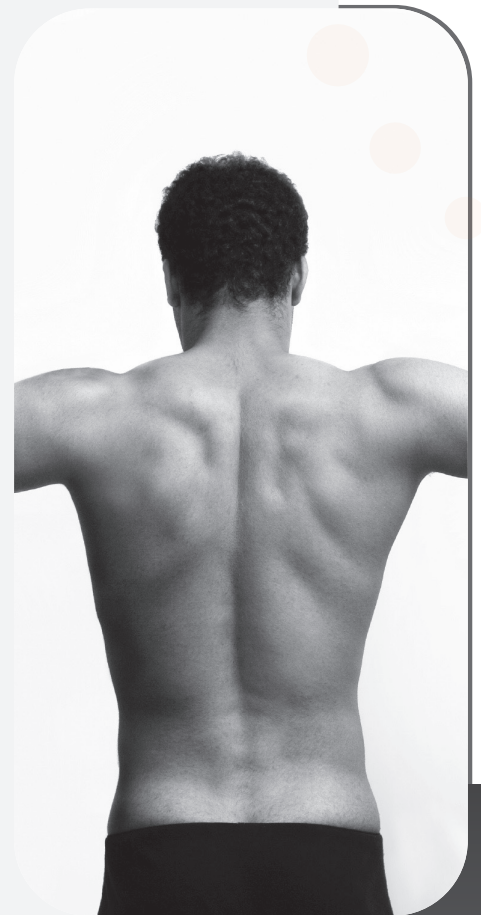
### Treatment techniques include:

- Soft tissue manipulation
- Deep tissue therapy
- Thermal (heat) therapy
- Myofascial release techniques
- Stretch and strengthening exercises

Remedial Massage is mostly concerned with the restoration and maintenance of the soft tissue structures of the body. However Remedial massage is seen as a holistic form of treatment meaning that it benefits not just the muscular system but all systems of the body.

### Documented benefits of massage include;

1. The body's fluid circulation - arterial and venous blood, and lymphatic drainage.
2. The soothing of the nervous system.
3. Greater freedom of movement.
4. Increase flexibility of connective tissue.
5. Supply of nutrition to cells/dispersion of wastes.
6. Total relaxation and the development of well-being





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## When should I seek Remedial Massage treatment?

Remedial massage can be applied in the preventative, corrective and rehabilitative phases of therapy to restore and maintain the normal integrity of the soft tissue structures (muscles, tendons, ligaments and fascia) of the human body.

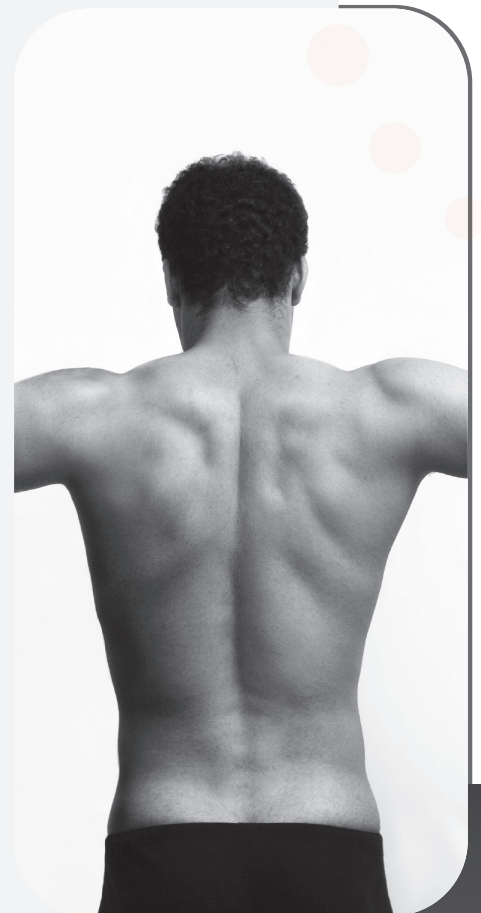
All forms of massage involve systematically working the muscles and other soft tissues of the body to optimise the functioning of the various bodily systems. Massage therapy eases the pain and discomfort of injuries, strains, accidents and illness to allow the body's natural healing processes to work most effectively. It enhances your vitality and sense of well-being. Massage can be a regular part of your health care plan. You can work with a massage therapist to either overcome or prevent injury and illness. Massage keeps your muscles and soft tissues well-toned, improves your posture, and re-balances your body/mind.

## How many treatments will I need?

After treatment you should have less pain, feel more mobile, flexible and comfortable in your movements. Relief can be dramatic and long lasting; your remedial masseur will expect to see positive results within 2-4 treatments for common symptoms. However, it must be emphasised that each individual is unique and it may take several visits before you return to normal.

## Do I need a referral from a GP?

While GP's and specialists seeking the best care for their patients often refer patients to see a Remedial Masseur, referrals are not necessary. For a massage treatment simply make an appointment with Camberwell Sports & Spinal Medicine directly (9889 1078). Massage is a complementary form of treatment and works well when used in conjunction with medical treatment.





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## Is Remedial Massage treatment covered by my private health fund?

Remedial Massage treatment is covered under the ancillary or extras cover of most major health insurers. Camberwell Sports & Spinal Medicine has two Remedial Masseurs working within the practice and our practitioners are affiliated with most major health funds. However there are over 100 health funds and each patient will have various levels of cover. Unfortunately not all practitioners are covered by all health funds for all levels of cover.

If you have private health insurance and wish to claim, CSSM recommends that you check with your fund as to which therapist you are covered with. We want you to be able to achieve the maximum benefit from your health insurance so if you have any queries please check with our reception staff.

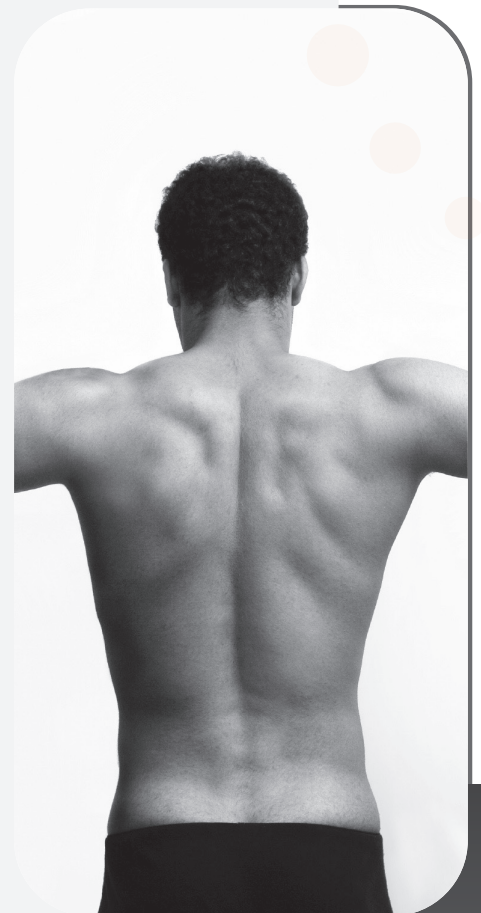
## Is Remedial Massage treatment covered by WorkCover?

Yes, the cost of remedial massage treatment is covered with workcover. If you already have a claim number, please bring it with you. You will require a doctor's referral however, so let your GP know that you want to consult one of our therapists and they will provide you with the necessary paperwork. We can also help you arrange the necessary approval.

## Is remedial massage treatment safe?

Massage is a simple, non-intrusive therapy which restores, rehabilitates and revitalises your body and mind. Anyone of any age in any condition can use and benefit from massage.

The risks associated with massage treatment are very low, particularly when compared with the risks associated with taking pain relieving medications that are readily available in pharmacies and supermarkets. The only common side effect of treatment is some mild and temporary "muscle soreness" the next day.





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## What to expect on your first visit

We recommend that for your initial treatment that you book in for an extended consultation of either 45 - 60 minutes. However there are 30 minute appointments available.

### During this initial visit your therapist will:

- Take a thorough History to gain an understanding of your injury and circumstances that could have lead to your condition.
  - Examine your body and identify the type, source and cause of symptoms.
  - Diagnose your condition and discuss this with you.
  - Devise a treatment plan. We involve patients in treatment choices.
  - Provide treatment using techniques such as soft tissue massage and stretching.
  - Educate you about your condition.
  - Recommend any follow up treatment.
- Follow-up treatments generally last for 30 minutes.

## Who are your practitioners?

The practitioners at Camberwell Sports & Spinal Medicine are fully qualified and recognised members of either IRMA or CMMA the peak representative bodies in the country. We have both male and female practitioners.

