

FAQ Myotherapy



What is a Myotherapist?

Myotherapists are practitioners that form a component of the field of manual therapy within the Allied Health profession. Manual therapy is a discipline of Health Care that encompasses a range of treatment modalities including Osteopathy, Physiotherapy, Remedial Massage, and Chiropractic.

What does Myotherapy treatment involve?

Myotherapists work in the assessment and treatment of muscular pain and injury, particularly where this affects movement and mobility. Drawing from a large range of treatment techniques, Myotherapists take an evidence based approach to treatment to bring about long lasting solutions. Treatment involves the application of a broad range of hands on techniques and may include deep tissue and muscle mobilisation techniques but also extends to advanced techniques such as dry needle therapy and cupping. In addition, Myotherapists can prescribe stretching and corrective exercises designed to treat injury, relieve pain, improve mobility and strength, and increase performance.

When should I seek Myotherapy treatment?

Myotherapy is applied in the preventative, corrective, and rehabilitative phases of care to restore and maintain the normal function of the soft tissue structures (muscles, tendons, ligaments and fascia) within the human body. Myofascial pain may originate from abnormal muscle contraction ('tightness') or trigger points ('knots') in the muscle or fascia. When you feel pain or restriction within the body, Myotherapy treatment may be appropriate.

How many treatments will I need?

After treatment you should have less pain and feel more mobile, flexible and comfortable in your movements. Relief can be dramatic and long lasting. Generally, your Myotherapist 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 symptoms settle.

Do I need a referral from a GP?

While GPs and specialists seeking the best care often refer their patients to see a Myotherapist, referrals are not necessary. Myotherapy is a complementary form of treatment and works well when used in conjunction with medical treatment. For a Myotherapy consultation simply make an appointment with Camberwell Sports & Spinal Medicine directly by calling 9889 1078.

What should you expect on your first visit?

Your initial consultation will take approximately 60 minutes, during which your Myotherapist will:

- Take a thorough history to gain an understanding of your injury and circumstances that could have led to your condition.
- Examine your body and identify the type, source and cause of symptoms.

- Diagnose your condition and discuss this with you.
- Educate you about your condition and treatment options.
- Provide treatment using techniques such as soft tissue massage, dry needle therapy, and stretching.
- Discuss the proposed treatment plan which may involve follow up treatment.

Follow up sessions generally last for 30. An extended appointment of up to 60 minutes duration is available upon request.

Is Myotherapy treatment covered by Medicare?

No, just like going to the dentist, Medicare does not cover Myotherapy treatment at this time.

Is Myotherapy treatment covered by my private health fund?

Myotherapy is covered under the extras cover of many Health Insurance plans. If you have private health insurance and wish to claim, it is recommended that you check with your fund to ensure the extent of your which modality 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 prior to your appointment. Camberwell Sports and Spinal Medicine is able to offer 'on the spot' rebates via HICAPS.



Camberwell  Sports & Spinal Medicine

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Open 7 Days

Monday to Thursday 7 am - 8:30 pm

Friday 7am - 6 pm

Saturday 8 am - 4 pm

Sunday 9am - 5 pm