

# FAQ Remedial Massage



## What is a Remedial Massage Therapist?

Remedial Massage Therapists are practitioners that form a component in 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, Myotherapy, and Chiropractic.

## What do Remedial Massage Therapists do?

Remedial Massage Therapy involves the application of a broad combination of hands on techniques. These include deep tissue massage, myofascial release, muscle mobilisation, stretching and corrective exercises for the myofascial structures of the body - the muscles, ligaments and connective tissues. Remedial Massage Therapy can be applied during the preventative, corrective, and rehabilitative phases of therapy to restore and maintain the normal integrity of the soft tissue structures. Your Practitioner's aim is not only to address the presenting symptoms but also address the underlying cause of your myofascial pain.

## How can I recognise myofascial pain?

Tightness that limits movement (usually felt as a dull ache) can be an indication of myofascial pain. This can occur as a result of poor posture, overuse of muscles from taking part in sport, exercise or everyday activity. Muscle tightness can be associated with trigger points that are tender, irritable areas which can refer pain and other symptoms to areas close to or sometimes distant to the trigger point location.

## How many treatments will I need?

After treatment you should have less pain and feel more mobile, flexible, and comfortable in your movements. Your Remedial Massage Therapist 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 your 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 Remedial Massage Therapist, referrals are not necessary. Remedial Massage is a complementary form of treatment and works well when used in conjunction with medical treatment. For a Remedial Massage 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 Remedial Massage Therapist 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 30 minutes. Extended appointments of up to 60 minutes duration are available on request.

#### **Is Remedial Massage Therapy treatment covered by Medicare?**

No, just like going to the dentist, Medicare does not recognise Remedial Massage Therapy at this time.

#### **Is Remedial Massage Therapy covered by my private health fund?**

Camberwell Sports & Spinal Medicine has both Remedial Massage Therapists and Myotherapists working within the practice, all of whom are affiliated with most major health funds. Some funds cover both Remedial Massage Therapy and Myotherapy as part of their policies whilst other funds are quite specific with which modality they will cover. If you have private health insurance and wish to claim, it is recommended that you check with your fund as to which modality you are covered for. 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