

REMEDIAL MASSAGE

Remedial Massage is used for treating a variety of health problems and can be performed in conjunction with other Allied Health services. It is a form of manual therapy that involves applying pressure to the soft tissues of the body, such as muscles, tendons, ligaments, and fascia.



WHEN SHOULD YOU SEE A REMEDIAL MASSAGE THERAPIST?

- ✓ Pain and muscle tightness
- ✓ Reduce stress, encourage relaxation and increase endorphins
- ✓ To Improve skin health and immune system function
- ✓ To improve quality and quantity of sleep
- ✓ Support injury management
- ✓ Improve mobility and joint range of motion


A REMEDIAL MASSAGE THERAPIST CAN...


- Provide hands on treatment to improve circulation, pain and discomfort, range of motion, and promote overall relaxation and wellbeing.
- Use a range of techniques to achieve these goals, including deep tissue massage, trigger point therapy, myofascial release, and stretching.

For more information and to access this service privately contact us.

To use your HomeCare Package, speak with your BallyCara HomeCare Coordinator to arrange a referral.

Contact Us:

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