



Massage

Therapy

Massage therapy is a natural treatment option for those seeking to ease pain, reduce stress, relieve tension and improve overall function & wellbeing.

Massage therapy is used for a multitude of conditions and can be applied for stress relief and relaxation purposes or to complement physiotherapy and accelerate recovery from sports and lifestyle related injuries.

Studies have shown massage to relieve muscle tension, stiffness and pain, increase joint flexibility and range of motion and enhance ease of movement.

Other health benefits include improved circulation, lymphatic efficiency, relaxation and stress reduction as well as reduced levels of anxiety and better quality of sleep.

SportsMed Subiaco offers different types of massage including relaxation, trigger point therapy, sports and deep tissue massage.

Incorporate massage therapy into your wellness regime.

Ask at reception or call today on **08 9382 9600**

Important Information

Consultation*

40 min session \$90

60 min session \$110

*The first part of the initial session will be spent discussing problem areas in order to determine an appropriate treatment plan.

- Health fund rebates are available. Please check for eligibility.
- Gift vouchers available.



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