

SPORTS AND REHABILITATION THERAPY

Sports massage is a beneficial therapy for anyone who exercises. It favours injury prevention and management by monitoring the condition of the soft tissues.

A variety of stroke techniques are used to treat areas of tension, fibrosis and any scar tissue. An invigorating massage reduces muscle tension and lactic acid and, in conjunction with passive stretching, will help speed recovery.

Sports Massage promotes recovery, flexibility and quality of performance.

At the initial session the practitioner will take a thorough medical case history. This will help provide a diagnosis upon which to work so that the method of treatment can be tailored to the patient's needs. It will also determine whether the patient should be referred elsewhere if massage is not appropriate for the condition.

The patient is offered a gown to wear and changes in an adjoining cubicle if appropriate.

AVAILABILITY

Sports and Rehabilitation Therapy is available at Wingfield Clinic. Phone for the days and times of the practitioner.

PRACTITIONER

Brett Jackson (ITEC – Body Massage, Sports & Remedial Massage and Anatomy & Physiology), practising at Wingfield Chiropractic Clinic