

## MYOTHERAPY

### BENEFITS OF MYOTHERAPY

Myotherapy is a branch of hands-on therapy that involves assessment, treatment and management of musculoskeletal issues, helping clients relieve pain and improve movement.

Myotherapy can be helpful in filling the gap between remedial massage and physiotherapy. As a client, you can expect your Myotherapist to carry out a thorough physical evaluation and apply an integrated approach to treating affected muscles, joints, connective tissue and nerves.

Our experienced Myotherapists treat people of all ages and fitness levels, with a variety of injuries and health conditions, using a range of manual therapy techniques.



### STUDIO LOCATION

## OSTEOPATHY

### MOVE EFFICIENTLY AND EFFECTIVELY

Osteopaths focus on your musculoskeletal system, meaning the bones, muscles, nerves and other tissues that support your body and control your movements. They look at the body in a holistic way and examine how effectively the parts of your body are working together.

As osteopathic techniques include a gentle approach, they can be suitable for many people, from newborns to older people, as well as for those with complex medical conditions.

The Body Refinery's Osteopaths use a range of techniques and tools to help get you moving efficiently and effectively, including:

- Hands-on techniques
- Clinical exercise programs
- Therapeutic movement
- Relaxation techniques
- Postural and positioning advice
- Other lifestyle advice

For more details on our services call our friendly admin team on 07 3358 3915 or visit [www.thebodyrefinery.com.au](http://www.thebodyrefinery.com.au)

### The Body Refinery

2/15 Lamington Street, New Farm QLD 4005

Phone: 07 3358 3915

Email: [info@thebodyrefinery.com.au](mailto:info@thebodyrefinery.com.au)

Web: [www.thebodyrefinery.com.au](http://www.thebodyrefinery.com.au)

### Opening Hours

Monday - Thursday	6:00am - 8:00pm
Friday	6:00am - 5:00pm
Saturday	7.30am - 2:00pm
Sunday	Closed

## OUR SERVICES



## REMEDIAL MASSAGE

Feel invigorated and stress-free with remedial massage, while getting those knots and niggles worked out.

### WHAT IS REMEDIAL MASSAGE?

Remedial Massage is widely regarded as a scientific and powerful form of manual soft tissue therapy.

Our Remedial Massage Therapists can effectively reduce your pain and restore function to your muscles, nerves, fascia and other connective tissues.

Remedial Massage also enhances other systems in your body, which may have been impaired due to injury, dysfunction or overuse.

Our experienced Remedial Therapists will tailor your massage to suit you and improve the condition and function of your muscles.

Our Massage Therapists also offer Pregnancy Massage, which is a combination of Relaxation and Remedial Massage that is adapted to suit the many physical changes that can occur during pregnancy.

Our standard Remedial Massage appointments are 60 minutes, however, we recommend 90 minutes for a more comprehensive treatment.

### BENEFITS OF REMEDIAL MASSAGE

Having regular Remedial Massages does more than relax you and improve your circulation.

Here are four additional reasons to include regular Remedial Massages in your health and wellbeing regime:

- Decrease pain
- Improve flexibility and joint mobility
- Help you sleep
- Improve immunity, inflammation and mental health



## EXERCISE PHYSIOLOGY

### WHAT IS EXERCISE PHYSIOLOGY?

The aim of Exercise Physiology is to prevent or manage acute, subacute chronic disease or injury, and assist in restoring optimal physical function, health and wellness.

Our Exercise Physiologists can prescribe a range of exercises for either fitness or rehabilitation, which may include:

- Gym-based exercises
- Pilates exercises
- Rehabilitation movements
- Weights and the use of resistance bands
- Exercise machines such as treadmill, bike and rowing machine

### EXERCISE PHYSIOLOGY AT THE BODY REFINERY

Our Exercise Physiologists analyse patients' fitness levels and goals to help them improve their health or maintain good health.

In addition to general fitness and strength work, our experienced Exercise Physiologists can provide rehabilitation programs for people of all ages and fitness levels, with a variety of injuries and health conditions.

Our accredited Exercise Physiologists may also assist with sports and strength conditioning such as:

- Assessment of functional capacity
- Advice on lifestyle modification to improve your health and wellbeing
- Exercise programs focusing on strength and function improvement for amateur and professional athletes wanting to boost their performance

We offer private and duet session, as well as small group Strength classes. Ask our friendly admin team for more details on this service.



## INFRARED SAUNA

### BENEFITS OF THE INFRARED SAUNA

Traditional steam saunas can be a wonderful way to relax, and they have numerous health benefits. Infrared Saunas take this to the next level by providing greater health benefits in even safer conditions.

Infrared works by heating the body directly; safely warming the body to create a cardiovascular workout whilst removing heavy metals and toxins.

Benefits of the Infrared Sauna include:

- Reduction of inflammation, which assists in muscle recovery.
- Cardiovascular health benefits, providing a natural boost in circulation.
- Activation of the parasympathetic nervous system, leaving you calm and relaxed.
- Reduction of toxins in the body and the promotion of collagen production in the skin.

## SHOCKWAVE THERAPY

### WHAT IS SHOCKWAVE THERAPY?

Shockwave uses an acoustic wave which carries high energy pulsations to painful muscles and musculoskeletal tissue with sub-acute, sub-chronic and chronic conditions. The energy delivered by Shockwave promotes regeneration and repair of bones, tendons and other soft tissues, making it ideal for speeding up recovery and help with various indications that cause acute or chronic pain.

If you experience ongoing or regular pain or discomfort relating to muscles, tendons or fascia, which other treatments have not been able to remedy, ask us about Shockwave therapy.

