



the
physio
clinic

'for all things physio'

Massage

- Relax & unwind
- Relieve muscle tension & pain
- Sports recovery & injury prevention
- Improved circulation



What is it?

Massage involves the manual manipulation of soft tissues to relieve muscular aches, pains and tension.

- **Deep Tissue Massage** is used to release chronic muscle tension through slower strokes and more direct deep pressure on the muscles.
- **Sports Massage** is used before, during, and after athletic events to prepare an athlete for peak performance, prevent injuries and treat exercise soreness.
- **Trigger Point Therapy** involves applying pressure to tender muscle tissue in order to relieve local and referring pains such as headaches.
- **Myofascial Release** involves stretching the muscles and tendons with the goal of eliminating pain, increasing flexibility and balancing the body.

What's on offer?

Our Massage Therapist (Dee Simpson) offers **1 hour** appointments dedicated to massaging any joint or area. She specialises in providing all forms of massage and will discuss with you your preferences regarding the style of massage and firmness to tailor the session to your needs.

Cost \$75 per session. Grange Golf Club members receive 10% off.

When Wednesday & Saturdays at The Grange Golf Club & North Adelaide.

How do I book a massage?

To book your massage session please call the clinic. **8361 6933**.

