

YOUR TREATMENT OPTIONS - Book online or call 4393 1200

Chiropractic

A chiropractor is a health care professional focused on the diagnosis & treatment of neuromuscular disorders, with an emphasis on treatment through manual adjustment of the spine. Chiropractors seek to reduce pain & improve the functionality of their patients as well as to educate them as to how they can improve their own health. The centre offers a complimentary spinal assessment for new clients.

Acupuncture/Cupping/Traditional Chinese Medicine

The current research for acupuncture & Chinese medicine now totals over 12,000 systematic reviews, randomised control trials however less than 10 conditions have been approved by AHPRA for Chinese medicine practitioners to mention in their advertising material. What conditions can we mention Chinese medicine can assist with that are in accordance with the national law? For example: Chronic pain related to depression by managing the underlying chronic pain. Fertility as an adjunct with IVF treatment. Management of pain, stress & fatigue related to some autoimmune disorders, in consultation with other treating health practitioners.

Remedial Massage, Sports Massage, Pregnancy Massage & Lymphatic Massage

Remedial Massage treatment is a treatment that assists with muscular or connective tissue discomfort and/or injury. The benefits from Remedial Massage may include reduced muscular tension, improved circulation, increased joint mobility & flexibility, stimulation of the lymphatic system & the reduction of stress assisting the body to heal or recover from injury.

Myofascial Therapy

Myofascial works with the entire structure physiology & body mind. Myofascial Release may be combined with remedial massage and/or other massage techniques. Myofascial Release is a powerful, interactive stretching technique which treats soft tissue dysfunction. Therapists may use Myofascial techniques in combination with other massage therapy methods. Light touch & light stretching techniques are used to encourage relaxation then allowing deeper restrictions to be accessed & treated.

Trigger Point Therapy

Trigger Points are muscle fibres that contract & refer pain throughout the body in a predictable pattern. Using specific compression techniques, a Trigger Point Massage seeks to “switch off” the contraction in the muscle fibres thus relieving pain. Therapists will utilise their thumbs, elbows & braced fingers to effectively alleviate trigger points.

Dry Needling

Dry Needling, also known as Myofascial Trigger Point Needling, specifically works to assist musculo disorders & is sometimes also known as intra-muscular stimulation (IMS). Dry needling is particularly good for muscular discomfort or injuries that are slow to improve or recover. A dry needling treatment requires effective manual assessment in conjunction with physical therapy. Research supports that dry needling may improve pain control, reduce muscle tension, normalises nerve dysfunction & often accelerates the return to normal activities. Can be combined with chiropractic in a 30 minute treatment.

Hot Stone Therapy

Hot stone therapy goes back to ancient civilisations where it was believed that hot stones had many healing properties particularly for cleansing the body, relaxing the heart, grounding the soul & soothing the mind. For hundreds of years Hawaiians have been using hot stones with heat, colour & sound (chants) for healing in order to restore balance in body, mind & spirit. The treatment involves placing hot stones on pressure points & chakra points & massaging with oiled hot stones. Aromatic oils can also be used. We now bring this ancient therapy to the Lake Spa centre.

Naturopathy/Herbal Medicine/Iridology

Naturopathy is a distinct system of health care. The unpinning principle is to treat the cause & not treat the symptoms alone. Naturopathy treats the whole person to enhance their physical & psychological wellbeing. Naturopathic care is well suited to clients of any age & may include herbal medicine, nutritional support, dietary & lifestyle advice. Naturopathy is excellent for children, adolescents, pre & post-pregnancy, common female conditions, but also will assist the whole person during the chronic disease processes. Iridology may be used during assessment.

If you would like to discuss your treatment options don't hesitate to contact the centre as we are happy to recommend a therapy that may give the best results. Call 4393 1200.