

MUSCLE MECHANICS

DEEP TISSUE
TRIGGER POINT
ACTIVE RELEASE

REGULAR MASSAGE WILL

**DECREASE RECOVERY TIME
AND IMPROVE REHAB
OUTCOMES**

**PROMOTE GREATER ATHLETIC
ENDURANCE AND
PERFORMANCE**

**IMPROVE JOINT MOBILITY
AND MOVEMENT**

**RELIEVE MUSCULAR PAIN,
TENSION & DECREASE RISK
OF INJURY**

Sports massage

PhyxMe Physiotherapy & Rehabilitation

As well as relieving pain, tension and stress, massage can also be targeted to injury treatment and prevention, improving athletic performance, correcting posture and improving chronic conditions. At PhyxMe our therapists are trained to identify and target the main cause of the problem and work with you to achieve a desired outcome.

A sports massage is ideal for anyone:

- participating in any type of sport or exercise
- recovering from acute injury
- preparing for an event or competition
- wanting to maintain mobility and flexibility
- experiencing postural problems

A PhyxMe sports massage may involve:

- observation of posture, alignment and movement patterns
- discussion about injuries, chronic conditions and pain
- hands on massage treatment and deep tissue techniques
- dry needling
- planning for specific goals or events
- home program for movement, mobility, self massage & stretching

To book | 4053 4343 | phyxme.com.au
Piccone's Village on Pease Street
Appointments available 7 days + health fund rebates

