



441 Bay Street, Brighton 3186
T: 9596 7211 F: 9596 7871
E: reception@brightonspinal.com.au
www.brightonspinal.com.au
ABN 41 821 315 542

Remedial Massage & Myotherapy

Remedial / Deep Tissue Massage

Remedial massage focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body, through slow strokes and deep finger pressure on the contracted areas, by either following or crossing over the muscle fibres, fascia and tendons. Remedial massage can help assist with specific problems associated with chronic muscular pain, injury rehabilitations, sporting and occupational injuries, RSI, and physical and mental fatigue. The techniques can include Trigger Point Therapy as well as deep tissue massage and stretching, thereby creating an improved range of motion through the joints

Our remedial massage therapists are qualified and registered with the IRMA

Benefits of regular massage:

- decreased muscle recovery time
- reduced joint strain and compression
- increased ease and efficiency of body movement
- reduced stress, tension and anxiety levels

Pricing for Myotherapy (including GST)

Half hour	\$70
45 minutes	\$90
Full hour	\$105

Lochlan Pritchett

Remedial Massage

Bachelor of Biomedicine

Diploma of Remedial Massage

Thurs 2:00pm – 7:00pm

Sat 8:30am – 12:30pm

Lochlan graduated with a Diploma of Remedial Massage and a Bachelor of Biomedicine from Victoria University. He enjoys working closely with a variety of individuals assisting in recovery, eliminating discomfort and improving quality of life.

Using an open-minded and holistic approach, treatments are tailored to work with your body aiming to improve mobility and movement. Lochlan combines soft/deep tissue techniques with specific remedial techniques such as Trigger Point therapy, Dry Needling, Mobilisations, Passive Stretching and Cupping.

Comprehensive spine and sports injury management

Dietetics ■ Exercise Physiology ■ Musculoskeletal Medicine ■ Myotherapy ■ Neurology
Osteopathy ■ Physiotherapy ■ Pilates ■ Psychology ■ Rehab Gym ■ Remedial Massage ■ Sports Medicine



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Myotherapy

Myotherapy is the assessment, treatment and management of musculoskeletal conditions, which may cause muscular dysfunction and pain, thus affecting movement and mobility.

Myotherapists utilise a range of treatment techniques to restore and maintain the normal integrity of soft tissue structures (muscles, tendons, ligaments and fascia). Some of these techniques may include massage, passive/active stretching, Trigger Point Therapy, Myofascial Release (with or without cupping) and Dry Needling.

A myotherapist consultation will generally commence with a thorough history taking, followed by various muscle, joint and neurological tests. Combined with manual palpation of the muscles and joints, a myotherapist aims to identify the cause of the pain to ensure quick, effective and long lasting results.

Some common conditions that Myotherapists treat include:

- sporting and occupational injuries
- stiffness and pain associated with poor posture
- acute and chronic conditions affecting function and mobility
- headaches / migraines
- pregnancy – pre/post natal complaints

Pricing for Myotherapy (including GST)

Half hour	\$75
45 minutes	\$94
Full hour	\$115

Dragana Obradovic

Myotherapist and Pilates Instructor

Myotherapist – Bachelor of Health Science
(Musculoskeletal Therapy)

Tues – Fri
9:30am – 5:15pm

Dragana graduated from Endeavour College of Natural Health with a bachelor in Health Science, majoring in Musculoskeletal therapy. With nearly 10 years' experience, Dragana is very passionate about finding the cause of pain and dysfunction.

During consultation she carries out a thorough examination and performs a number of tests to give her a greater understanding of the imbalances within your body to create an individual treatment plan. Dragana utilises a variety of techniques to provide you with relief. Typically, she combines deep tissue/ remedial massage with trigger point therapy, dry needling, cupping, mobilization of the joints and passive stretching.

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