



Everyone can benefit from a massage as the treatment is customized to suit your needs. We specialize in massage for sports related injuries, postural problems, tension related problems and relaxation massage.

For sports people, combining your training with massage will aid recovery and prevent injuries that may occur. By early identification of injuries a practitioner will aid in preventing these from developing into more serious injuries.

Ensuring full recovery through regular massage sessions will allow you to increase your workouts while concurrently letting your body adjust to a higher level of stress.

Our physiotherapists ensure that your injuries are treated suitably and effectively, allowing for faster recovery.

WHAT PHYSIOONE CAN DO FOR YOU?

- A full assessment including the muscles, joints and ligaments to find out what is causing or contributing to your pain
- Education on the condition, what you should and shouldn't do at home, time-frames for healing, and prevention.

BENEFITS OF MASSAGE INCLUDE:

- Improved circulation.
- Pain relief.
- Reduced muscle tension and stiffness.
- Reduced muscle spasm.
- Reduced pain and swelling.
- Reduced scar tissue and improved flexibility, aiding in the faster recovery of injuries.
- Improved sporting performance by supporting muscle recovery and repair.