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RUNNERS PACK SPECIAL!

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ONLINE BOOKINGS NOW AVAILABLE for all your Running Assessments, Physiotherapy or Massage appointments needs!!!
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SHOCKWAVE THERAPY NOW AVAILABLE

What is Shockwave Therapy?

Shockwave therapy makes use of acoustic, high-energy sound waves to treat a wide range of soft tissue and bony conditions. Acoustic waves generated by the shockwave interact with tissue causing proven biological effects leading to accelerated tissue repair and cell growth, analgesia, and mobility restoration.

When used appropriately in conjunction with biomechanical assessment and rehabilitation, shockwave out-performs conventional conservative management.

Talk to your physio to see if Shockwave Therapy would benefit your recovery



ISSUES WITH YOUR TISSUES ?



MASSAGE THERAPIST NOW ON SITE!



- Therapeutic massage
- Sports Massage
- Myofascial Release (MFR)
- Trigger Point Therapy
- Neuromuscular Therapy
- Soft Tissue Therapy (STT)

Jun Hong - Remedial Massage Therapist
Dip. Health Science (Sports Therapy)
Dip. Health Sciences (Therapeutic Massage)
Bsc. Sports & Exercise Science

or call 021 232 6204

▶ 30 mins \$45 ▶ 45 mins \$60 ▶ 60 mins \$80
▶ 75 mins \$100 ▶ 90 mins \$115

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