

Myotherapy

'Myotherapy assists me with balance, stiffness and my walking. A necessity for me!!' - Amanda

Myotherapy can be applied in the preventative, corrective and rehabilitative phase of therapy. Myotherapists assess and physically treat muscle pain and injuries affecting movement and mobility.

Potential benefits of Myotherapy include:

- Helps relieve muscle tension and stiffness
- Improves overall well-being
- Helps relieve stress and aid relaxation
- Increases awareness of mind-body connection
- Provides greater joint flexibility and range of motion

Myotherapist—Joelle Luxmoore



Every Friday between 8:30 - 4:30 pm

- Initial consultation one hour minimum \$50
- 45 mins \$45
- 30 mins \$30
- This is a special offer for people registered with the MS society
- Contact the Nerve Centre for bookings on ph: 9845 2700

'Joelle has magic hands. Her massage helps with lower back pain and hip pain. I also think the massage increases my energy level for a few days after treatment.' - Leora

RMIT Student Myotherapy Clinic

Monday to Friday from 1 - 5 pm (except Wednesday)

- 50 minute consultation \$8
 - This is a special offer for people registered with the MS society
- Services are provided by students in their final year of the Advanced Diploma of Myotherapy, under the supervision of a qualified Myotherapist.



Health & Wellness

The Nerve Centre
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