

What is Myotherapy

Myo (muscle) + therapy = Myotherapy

Myotherapy is the specialist treatment of muscular dysfunction, pain or stiffness which may lead to restricted movement or decreased mobility.

With an effective hands on approach Myotherapists act to restore optimal functioning of the muscular system by decreasing pain, improving flexibility and increasing functional range of motion.

About us

We are a group of passionate experienced myotherapists who are dedicated to providing you with the most up to date and personalised service.

We love to enjoy life and participate in a range of activities; therefore we know how frustrating it can be when pain or injury impacts your quality of life and stops you from functioning to the best of your ability.

For that reason, our aim is to get you back to your optimum health, so you can continue enjoying life participating in the activities that you love.



▷ myotherapy

Live life to the Optimum



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jump back into life and unlock
your vitality



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Who will benefit from seeing a myotherapist at Optimum Muscular Health

Anyone who suffers from pain, stiffness or restriction in movement would benefit from a treatment at Optimum Muscular Health. These are some conditions we commonly treat:

- Recreational and sporting injuries
- Work related injuries
- Stiffness and pain associated with poor posture and stress
- Back, neck, jaw and shoulder pain
- Headaches and migraines
- Chronic overuse syndromes – tendinitis, RSI, golfer's/tennis elbow, carpal tunnel
- Hip, knee, foot and ankle pain
- Pregnancy – pre/post natal complaints
- Postural correction
- Rehabilitative stage of injury

When should I visit a myotherapist at Optimum Muscular Health

Myotherapy treatments are beneficial at any point during the corrective, rehabilitative or preventative stage of an injury. Certainly, if you've been experiencing any muscular pain for more than a few days. Symptoms may include a 'deep ache', 'tightness' or 'tenderness' in an area. Other symptoms can include stiffness, tingling or numbness, weakness, fatigue or a decreased range of motion.

Myotherapy treatments are also great as a preventative, with our postural and biomechanical assessments we can ensure you continue to function at an optimum level. We all know the old saying that "prevention is better than cure!"



What to expect during your initial visit at Optimum Muscular Health

At Optimum Muscular Health we believe that the key to treating effectively is determining the underlying causes of a symptom.

Therefore a detailed assessment will be performed which will include the following:

- A detailed history of your presenting condition, a general medical history and any relevant information regarding occupation, activities or previous injuries.
- Postural and biomechanical screening of relevant areas.
- Range of motion and muscle testing

An effective hands on treatment will follow, utilising techniques such as muscle manipulation, myofascial release, dry needling, trigger point therapy, active/ passive stretching.

A personalised treatment plan will be developed for you outlining treatment, prevention or management of your condition. This may include postural correction, stretches or corrective exercises.

FAQs

Do I need a referral to see a Myotherapist

No. You are not required to get a referral, although many health professional will refer to Myotherapists for specific muscular treatment.

Does my health fund cover Myotherapy

Yes. Myotherapy is covered under the 'ancillary' or 'extras' cover of most major health funds. Check with your health fund as there are many different levels of cover. Hicaps is available for instant rebates with participating health funds.

Is Myotherapy covered under Workcover

Yes. Myotherapy treatments are covered under Workcover. A referral from your GP is required prior to commencing treatment.