

INFORMATION HANDOUT
**BENEFITS OF
MYOTHERAPY**

FAQ

What is myotherapy?

Myo means “muscle”, so Myotherapy is to treat muscular dysfunction. It is a type of manual therapy that focuses on the assessment, treatment, and prevention of musculoskeletal pain and dysfunction. Myotherapists can use a range of techniques, but predominantly use massage techniques to release muscular tension. They will also use a combination of stretching, and trigger point therapy, to help alleviate pain and restore normal function to the body.

Myotherapy is based on the principles of anatomy, physiology, and biomechanics, and myotherapists use their knowledge of these areas to identify the underlying causes of pain and dysfunction. They then develop a treatment plan that may include hands-on therapy, exercise, and lifestyle advice.

Myotherapy can be used to treat a wide range of conditions, including:

1. Muscle pain and stiffness
2. Joint pain and stiffness
3. Nerve pain
4. Headaches and migraines
5. Sports injuries
6. Postural problems
7. Chronic pain conditions such as fibromyalgia and osteoarthritis
8. Swelling conditions

Myotherapy is often used in conjunction with other forms of healthcare, such as physiotherapy and osteopathy, to provide a comprehensive approach to musculoskeletal healthcare.

What is the difference between traditional massage, myotherapy and remedial massage?

Traditional massage is generally used for relaxation, removing toxins from the body in an otherwise healthy population. Myotherapy and remedial massage are both manual therapies that can be used more specifically to treat musculoskeletal pain and dysfunction, but they have slightly different approaches to treatment.

Myotherapy is a more specialised form of manual therapy that focuses on the assessment, treatment, and prevention of musculoskeletal pain and dysfunction. Myotherapists use a wide range of techniques, including massage, stretching, and trigger point therapy, to help alleviate pain and restore function to the body. They also use their knowledge of anatomy, physiology, and biomechanics to identify the underlying causes of pain and dysfunction and develop a treatment plan that may include hands-on therapy, exercise, and lifestyle advice.

Remedial massage, on the other hand, is a form of massage therapy that is focused on addressing specific musculoskeletal problems. Remedial massage therapists use a range of techniques, including deep tissue massage, trigger point therapy, and stretching, to help alleviate pain, improve mobility, and reduce tension in the muscles and joints. They may also provide advice on exercises and stretches to help prevent further injury or dysfunction.

Overall, myotherapy is a more comprehensive and evidence-based course that gives clinicians excellent skills to enable them to approach and treat a range of musculoskeletal conditions.

What is dry needling?

Dry needling is a technique that is commonly used by physiotherapists, myotherapists and other healthcare professionals to treat musculoskeletal pain and dysfunction. It involves the insertion of a fine, sterile needle into a muscle or trigger point to alleviate pain, reduce muscle tension within the muscle and improve range of motion.

Dry needling works by causing a small, controlled injury to the muscle or trigger point, which stimulates the body's natural healing process. This results in increased blood flow to the area, which brings essential nutrients and oxygen to the damaged tissues and promotes the release of natural endorphins.

Dry needling can be used to treat a variety of conditions, including back pain, neck pain, shoulder pain, tennis elbow, hip pain, knee pain, and ankle pain. It is often used in conjunction with other forms of treatment, such as exercise therapy and manual therapy, to achieve the best possible outcome for the patient.

It is important to note that dry needling should only be performed by a qualified healthcare professional who has undergone specific training in this technique, as there are risks associated with the procedure if not performed correctly.

What is cupping?

Cupping is a traditional Chinese therapy that involves placing cups on the skin to create a suction effect. The cups are typically made of glass, plastic, or silicone and can be of various sizes and shapes. Cupping is often used in conjunction with other therapies, such as acupuncture and massage.

During a cupping session, the therapist applies suction to the skin by placing the cups on specific points or areas of the body. The suction can be created in several ways, such as using a flame to heat the air inside the cup or using a pump to create a vacuum.

The suction created by the cups is believed to help improve circulation, reduce pain and inflammation, and promote relaxation. The cups are typically left in place for several minutes, and the therapist may move them around to target different areas of the body.

Cupping can be used to treat a variety of conditions, such as back pain, neck pain, respiratory issues, and digestive problems. It is considered safe, but can occasionally get some superficial bruising or skin irritation. It is important to seek out a qualified therapist who has been trained in cupping to ensure that the treatment is safe and effective.

What are trigger points?

Trigger points are hypersensitive areas in muscles, tendons, and other soft tissues that are associated with a specific pattern of pain and dysfunction. These areas can be painful when touched or when pressure is applied, and they can cause referred pain to other parts of the body.

When trigger points are present in the body, they can cause a range of symptoms, such as:

1. Pain: which can be localised to the area, and is generally reported as dull, aching or sharp.
2. Restricted Range of Motion: muscle stiffness and restriction of movement in the affected area, which can lead to difficulty with everyday activities.
3. Weakness: Trigger points can cause muscle weakness in the affected area, which can impact muscle function and strength.
4. Fatigue: Trigger points can cause muscle fatigue and reduced endurance, which can lead to decreased physical performance.
5. Referred Pain: pain in other areas of the body that are not located at the site of the trigger point. This is known as referred pain.

Trigger points can be caused by a variety of factors, including poor posture, overuse or injury to the muscles, stress, and even nutritional deficiencies. Treatment options for trigger points include massage, dry needling, stretching, and other forms of physical therapy. It is important to seek out the advice of a qualified healthcare professional for the most appropriate treatment plan for your individual needs.

What is the difference between myotherapy and physiotherapy?

Both myotherapists and physiotherapists are healthcare professionals who specialise in the assessment, treatment, and management of musculoskeletal conditions. However, there are some key differences between the two professions.

Myotherapy is a type of manual therapy that focuses specifically on the treatment of soft tissue (muscle) injuries and pain. Myotherapists use a variety of techniques such as massage, trigger point therapy, and stretching to alleviate pain and improve mobility. Myotherapists also educate their clients on self-care techniques such as stretching and exercise to help manage their condition.

Physiotherapy, on the other hand, is a broader healthcare profession that covers a wider range of conditions and treatments. Physiotherapists may also use manual therapy techniques such as massage and joint mobilisation, but they also incorporate exercise therapy, electrotherapy, and other modalities to improve physical function and mobility. Physiotherapists also work with patients with neurological, respiratory, and cardiovascular conditions, and may provide rehabilitation for those recovering from surgery or injury.

When seeking treatment for a musculoskeletal condition, it is important to consider your individual needs and goals, and to choose a healthcare professional who can provide the most appropriate care for your specific condition.

Booking in to see our Myotherapist:

We currently run myotherapy out of our Reservoir, Heidelberg, Brunswick and Footscray clinics.

Total Physiocare Reservoir | 2 Orrong Ave, Reservoir, 3073 | 9469 3157

Total Physiocare Heidelberg | 70 Yarra St, Heidelberg, 3084 | 9457 7474

Total Physiocare Footscray | Suite 8, 30 Eleanor St, Footscray, 3011 | 8393 5274

TotalCare Brunswick | 66 Brunswick Rd, Brunswick, 3056 | 8393 5288

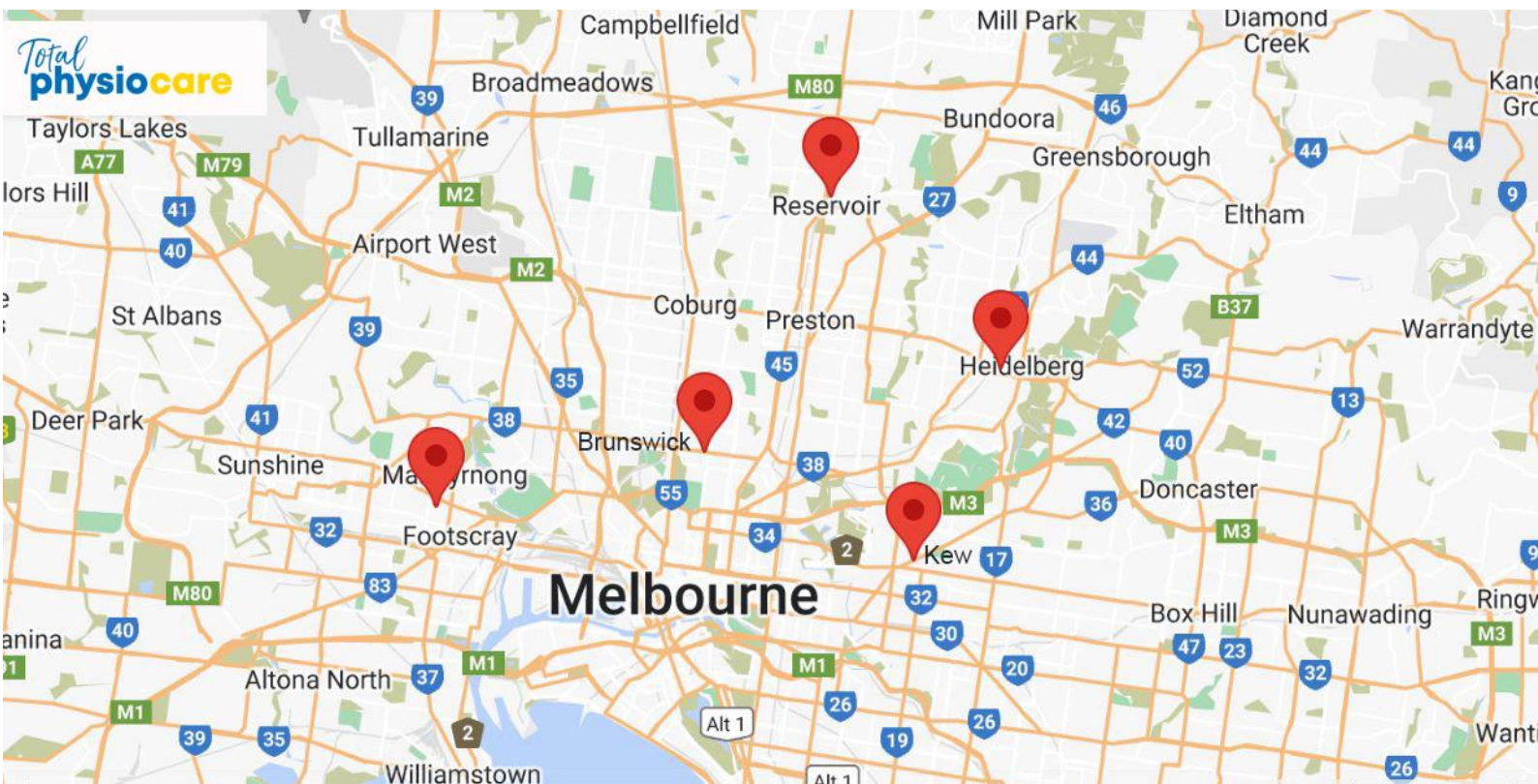
Total Physiocare runs many services across our 5 locations across Melbourne.

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