



## In this issue

On This Day

Lower Back Pain

Gift Vouchers

Treatment Menu

## On this day.....

For those of you who love a bit of trivia, once upon a time... in fact it was the 4<sup>th</sup> of February back in 1938, Snow White and the Seven Dwarfs was first released. I know some of my clients are single parents, so if you are, then you may like to take advantage of this month's special offer of \$20 off a one hour massage. That's \$60 instead of \$80 and if you have appropriate Health cover you can also claim a rebate (some health funds pay up to 50 %!) Call now to reserve your time.

For appointments please contact Andrea on 0423 620 320  
<http://www.remedialtherapiessa.com.au>

# Lower Back Pain

Still one of the most common problems clients come to see me about is lower back pain.

There are many underlying causes for back pain and, as you know, I like to look at the cause and not just the symptoms before treatment as the pain will usually recur if the cause is not addressed.

Muscle strain and disc bulges and sciatica are the most common complaints, and incorrect lifting and twisting seems to be the most common cause. The pain can be anything from a dull ache to a sharp stabbing or hot pain. The more severe the pain, the more debilitating it can be, often making it hard to stand up straight or move properly.

Both Bowen Therapy and Remedial massage have proven to be the most effective treatment for lower back pain. Clients generally feel an improvement after the first or second visit.



## Gift Vouchers

I often get asked if I have gift vouchers. YES is the short answer. I have gift vouchers as well as a selection of products available for purchase. Speak to me about your requirements and I'm happy to put together a gift package that suits your pocket and your needs.



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## Treatment Menu

There are different types of treatments available, and your therapist can assist you in determining which treatment is best suited to your needs.

Treatments offered are: Bowen Therapy, Relaxation (Swedish) Massage, Deep Tissue Massage, Remedial Massage, Sports Massage .

\$50 half hour

\$80 one hour

Initial consultation and treatment \$90

(You may be eligible for a rebate through your private health fund)

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