

# Myo-Therapy

- **Massage Therapy**
- **Sports Injuries**
- **Stress relief**



Matt and Andy Tait offer professional and effective soft tissue treatments in comfortable and welcoming surroundings. As an integral part of the Cione wellness centre, Myo-Therapy helps clients of all ages and backgrounds to be at their best and benefit from our experiences in top flight sport and entertainment.

## **Appointments (Monday to Friday)**

- **60 minutes - £34 (Students £28)**
- **30 minutes - £17 (Students £14)**

**Call 01509 263044 for an appointment**



WELLNESS CENTRE 25-27 Park Road, Loughborough, LE11 2ED.  
myo-therapyuk.com – Call 01509 263044 for an appointment.

## **Myo- Therapy – The benefits**

We use numerous manual therapy techniques to maximise the effectiveness of treatment time by;

- Observing posture and movement to indicate areas for improvement,
- Identifying through palpation areas of muscle that could benefit from attention,
- Assessing and assisting range and freedom of movement of joints,
- Locating and treating muscular and fascial adhesions,
- Actively moving muscle fibres to increase or restore potential for movement,
- Working with the body to aid lymphatic and venous flow,
- Treating clients using resistance techniques to re-establish or improve range of movement,
- Guiding rehabilitation and body maintenance.

## **Injury – Self help**

- **Rest, ice, compression and elevation (RICE)**
  - Rest – (24 hrs to 7 days) - Reduces inflammation and oedema.
  - Ice – (Within 48hrs) – reduces pain, inflammation and swelling. Wrap ice in towel and apply for no more than 20 minutes at 2 hour intervals.
  - Compression – Bandage with uniform pressure across the entire site ASAP after injury.
  - Elevation – Raise injury above the level of the heart level to assist fluid drainage and limit bruising.
  - Obtain further advice and treatment – call 01509 263044 for an appointment.