

Myotherapists assess and treat myofascial pain, injury and dysfunction affecting movement and mobility. Myotherapy can be utilised to restore and maintain the integrity of the soft tissue structures (muscles, tendons, ligaments and fascia) of the human body and is useful in the preventative, corrective and rehabilitative phases of injury management.

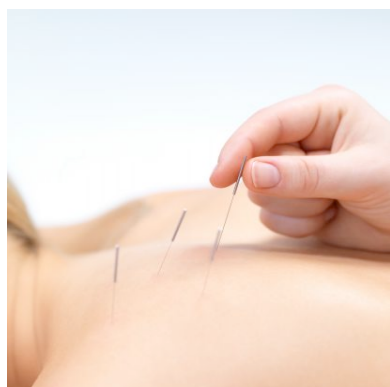
Pain or symptoms caused by muscle (myo) or fascia is described as myofascial. Myofascial pain can be non-specific and can vary in intensity and radiate to other areas. Other symptoms can include reduced range of motion of muscles and joints, stiffness, fatigue and weakness. As with all injuries, symptoms can significantly vary from one individual to another. Common conditions that Myotherapists can treat include:

- Sporting & occupational injuries
- Stiffness & pain associated with poor posture
- Associated joint & vertebral dysfunction & pain – neck & back pain
- Acute & chronic conditions affecting function & mobility
- Scoliosis &/or Kyphosis
- Headaches and migraines
- Chronic overuse syndromes - tendonitis, RSI, tennis/golfer's elbow, carpal tunnel
- Shoulder pain, impingement syndrome, frozen shoulder
- Hand & finger numbness / tingling – thoracic outlet syndrome
- Knee, leg & foot pain – shin splints, patella tracking dysfunction, ankle sprains
- Arthritis
- Pregnancy – pre/post natal complaints
- Pain & dysfunction associated with stress & tension

What to expect from a myotherapy consultation:

Assessment - Clinical assessment is reliant on history taking, examination routines of particular joints or regions, assisted by highly developed tactile, palpatory skills and a thorough understanding of joint and muscular assessment procedures. These skills distinguish Myotherapy from massage therapy.

Treatment - Soft tissue manipulation, Trigger Point Therapy, Myofascial dry needling, Myofascial release, Cupping, Thermal therapy/Cryotherapy, Postural assessment, Corrective exercises (stretches, strength), Core stability exercises, Diet and nutritional advice.



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practitioners



Lisa Harper

Ad.Dip.Remedial Massage (Myotherapy) M.A.A.M.T



A passion for sport has underpinned the development of Lisa's career in massage and Myotherapy, excelling in her studies and graduating from RMIT with the qualification of Advanced Diploma of Remedial Massage (Myotherapy).

From her own experiences within elite sport and the clinical environment, Lisa has developed an in depth knowledge of the human body; whether through work or exercise, massage is a modality that proves invaluable as a therapeutic intervention for relieving the physical manifestations of muscular strain.

Lisa joins Head to Toe Healthcare after spending several years with another busy Melbourne practice. The team environment is one she enjoys as it has allowed her to develop her skill set by working with other soft tissue therapists, physiotherapists and osteopaths. Whilst she loves working in the clinic environment, Lisa continues to have involvement in the sporting community with her ongoing participation with the high profile NRL Club, the Melbourne Storm.

In addition to her extensive hands-on clinical experience, Lisa has experienced life as the patient also! Having competed in the Victorian Titles in swimming for 15 consecutive years, Australian Titles, Commonwealth Trials and World Trials from the age of 14, she has regularly been on teams with the support of health professionals. You can be sure she knows where you are coming from when you have an injury and wants to assist you in getting you back into what is important to you, whether it is a weekend kick of the footy with the kids or running a marathon.

Lisa brings to Head To Toe Healthcare knowledge on a range of different problems such as neck, shoulder and back pain, joint and muscle pain, sports and occupational injuries and pregnancy strain to name a few. Massage should play an important part in the life of all people and Lisa is keen to assist individuals in achieving their goal of becoming healthier and happier.

Lisa is available at our **Hampton Clinic** and is registered for private health insurance rebates through our HICAPS machine.

consultation charges

standard initial	60 minute	\$70
standard follow-up	45 minute	\$60
short follow-up	30 minute	\$50
concession initial	60 minute	\$60
concession follow-up	45 minute	\$50
concession short follow-up	30 minute	\$40

All practitioners are registered for WorkCover, TAC and DVA patients. Please speak to us for further information regarding these services.