

Bonne Santé

Therapy Centre

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BACK, NECK & SHOULDER TREATMENTS

There can be few people who at some point in their lives have not had problems with their back, neck or shoulders. These problems may be manifested by various levels of pain or a loss of mobility.

Understanding the cause of the problem is the key to proper treatment and this may be difficult to diagnose. Problems in these areas may have multiple causes such as, stress, injury, posture and other life style factors. Historically many conditions have gone undiagnosed with doctors prescribing steroids, pain killers and possibly anti depressants. There is now available an alternative approach. Experienced therapists who have been conducting deep tissue or sports massage are now being trained to diagnose and treat back, neck and shoulder problems. This is a very advanced form of therapy that is extremely effective and we are pleased to offer this treatment.

Initially the client will undergo an assessment. This will explore the situation to determine possible causes. Life style factors will be examined as these may be influential. The therapist then has a number of natural alternatives to help resolve these problems. These include stretching techniques, manipulation, deep tissue massage, posture advice and exercises and to perform at home. One of the aims of the treatment is helping the client to manage of the problem on a day to day basis.

We have a very good record of reducing or eliminating pain, improving mobility, posture and reducing stress. Please give us a call to discuss your condition and to take advantage of the offer of a free consultation for an assessment.

A Centre of Excellence for Complementary and Alternative Therapies and Beauty Treatments in Comfortable and Relaxing Surroundings for Male and Female Clients