

Our Services

WeWorx strive to treat the cause of the condition, not just the symptom. Our treatments are tailored to suit individual's needs. During each consultation, patients are adequately questioned, assessed, treated and provided with specialised and effective ways to manage their condition.

Remedial Massage

Dry Needling

Myofascial Release Cupping

Functional Cupping

Manual Lymphatic Drainage (MLD)

Sports Recovery

Kinesio Taping

Stretching

Deep Tissue / Sports

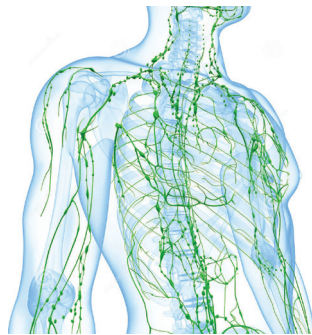
Joint Mobilisation

Trigger Point Therapy

Pregnancy Massage

Relaxation

Corporate Massage



Remedial Massage

Specialised soft tissue therapies including trigger point release, cross fibre friction and a combination of static, proprioceptive neuromuscular facilitation (PNF) and active isolated stretching.

Dry Needling

Offering natural pain relief with the use of tiny filament needles to release muscle trigger points. Also known as the 'key in the lock' approach.

Myofascial Release Cupping

Suction cups are parked or dragged across the skin to lift and stretch the fascia beneath. This process encourages the healing process with the supply of fresh blood while flushing away toxins, improving fascial health and flexibility.

Functional Cupping

Using the proven benefits of Myofascial Cupping and Functional movements. The patient is taken through a specific range of movements enabling increased range of movement. Fantastic for sports Individuals.

Manual Lymphatic Drainage (MLD)

MLD is a unique soft touch massage that increases the flow of lymphatic fluid. It assists in toxin removal which carries important substances to areas where it is needed. Therefore, boosting immunity and reducing odema. Plus many other benefits.

Sports Recovery

Speed up muscular recovery and improve performance with our flushing massage style, along with specialist advice to support your training and sports goals.

Kinesio Taping

Scientifically proven tape is strategically applied to offer a range of benefits for the individual, from rebalancing muscular firing patterns to targeting specific muscles for both strengthening and relaxing, and improving lymphatic drainage by increasing circulation, healing and function.

Stretching

Incorporating a variety or combinations of stretching from proprioceptive neuromuscular facilitation (PNF), Active isolated stretch, static, active and assisted.

Deep Tissue / Sports

Deep Tissue / Sports Massage can be applied pre or post exercise to prepare muscles for activity, or be restorative and rehabilitative. Techniques include deep slow strokes, stretches, hacking and tapotement, which increase mobility, ease tension, remove excess scar tissue and muscle adhesions, increase range of motion (ROM) and improve circulation.

Joint Mobilisation

Taking a skeletal joint through a passive movement to improve joint function.

Trigger Point Therapy

Deactivating the "knots" in dysfunctional muscle.

Pregnancy Massage

Pregnancy and childbirth place extreme demands on a woman's body, often leading to pain. We offer professional pre and postnatal support to help prepare and repair your body before and after the miracle of life.

Relaxation

Relaxation massage settles the nervous system - calming the body and the mind. It can improve sleep, rehabilitate injuries, relieve pain and headaches. By encouraging blood flow, relieving tension and boosting the immune system it carves the way for the body to heal itself.

Corporate Massage

Corporate massage is a fantastic way to give your staff that needed boost without unnecessary disruption to your workplace. The best thing is we come to your workplace!



Schedule an appointment online.
It's easy, fast and secure.

Talk to us today about
your personalised treatment.

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Association Member
Health Fund Provider

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