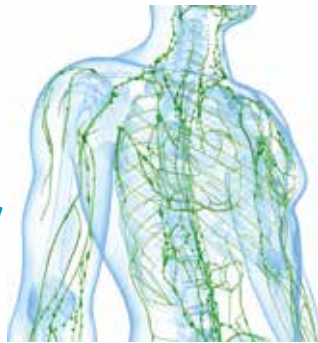




Our Services

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)
 Recovery Compression Suit
 Electrotherapy Tens and NEMS
 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 edema. 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.

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.

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.

Trigger Point Therapy

Deactivating the "knots" in dysfunctional muscle.

Joint Mobilisation

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

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!

Recovery Compression Suit

This incredible suit comes in separate pieces that can be attached together to enable a compression type rhythmic massage. With its unmatched Lymphatic relief it can be used for Sports Injury Recovery, Pre & Post Surgery, Heavy swollen limbs, Lymphatic diseases, Poor circulation, Weight loss, Relaxation and many many more benefits.

Electrotherapy Tens and NEMS

TENS

The intent is stimulation of the sensory nerves not motor nerves, helping with the pain caused by a certain area. TENS may alleviate pain from arthritis, postoperative pain, sports injuries, joint pain and period pain.

Nanoelectromechanical systems (NEMS)

These devices integrate electrical and mechanical functionality with the use of gel pads or needles in directed areas of the body. EMS is commonly used for Muscle Re-Education, Neuromuscular Facilitation, Muscle Training, Improve Muscle atrophy, Prevent post op Muscle weakness, Retraining of nerve damage and many neuro based disorders.



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

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