



Sports therapy / injuries

Are you being held back from doing what you love? Injuries stopping you from getting back onto the sporting field? Do you have a nagging injury that just won't heal?

With our extensive experience treating players from the Melbourne Rebels and Melbourne Storm and helping them recover from numerous injuries, Eastern Vitality might just have the answer for you!

We can help:

- **Quickening soft tissue healing**
- **Increasing circulation and energy, oxygenating the body**
- **Aid in repetitive stress injuries:** carpal tunnel syndrome, golfer's/tennis elbow, shin splints
- **Post surgery scar tissue healing and recovery**
- **Treatments to calm the mind** and provide clarity to prepare for sporting competitions



Our treatments:

- **Acupuncture**

Acupuncture is an alternative form of treatment that involves the insertion and manipulation of fine needles into the body. All needles used are sterile, single-use only needles.

- **Chinese medicine**

This involves mixing a few teaspoons of the prepared herbs with hot water, stir well and drink.

Almost all of the herbs are plant-based and only a very small portion is of animal origin. Other options involve having it in capsule or pill form. Please let us know if you have specific dietary requirements.

- **Chinese remedial massage (Tui Na) & cupping**

Tui Na is an external therapy which involves stimulating and dredging the channels and meridians of the body. Cupping is where a glass cup is applied onto the skin surface and the pressure within the cup is reduced.

Simple tips that can help:

- Always stretch before and after exercise, stressing the importance of warming up and warming down
- Never play through an injury, adrenaline during sports can mask the pain and extent of the injury incurred.



Eastern Vitality

Acupuncture & Chinese Medicine

natural harmony care

A: 64 Mount St, Heidelberg VIC

P: (03) 9458 4887

E: info@easternvitality.com.au

W: www.easternvitality.com.au