

Profile

Peter Kotsiras is a nationally certified Remedial Massage Therapist gaining his accreditation from the Australian School of Therapeutic Massage. His impressive credentials, extensive involvement in the health industry and countless hours of 'hands on' experience have given him an admirable reputation as a skilled massage therapist.

Qualifications

- Diploma of Remedial Massage
- Certificate IV in Therapeutic Massage
- Certificate IV in Fitness
- Diploma in Traditional Thai Massage
- Certificate in Trigger Point Therapy
- Certificate in Deep Muscle Therapy
- Certificate of Pregnancy Massage
- Certificate in Dry Needling
- Certificate in Cupping
- Certificate in External Injuries
- Certificate in Corporate Seated Massage
- Level 2 First Aid Certificate

Associations

Australian Association of Massage Therapists



Treatment Fees

30 min - \$60 45 min - \$75 60 min - \$90

Credit Cards Accepted
HICAPS Available

Workcover Accredited
Motor Vehicle Accident Accredited
Private Health Funds Accepted

“ A superb blend of professionalism and friendliness. I had complete confidence in Peter’s abilities. ”
Kathryn, G

“ Peter treated areas of discomfort and from my first treatment I have had an 80-90% improvement. Felt fantastic the next day. ”
Alex P, Soccer Player

“ Peter introduced me to cupping therapy and I couldn’t believe how much it improved my back and hamstring mobility. ”
Tony G, Senior Radiographer

“ Felt relief from headaches & muscular pain that had been severe for a five week period. ”
Anita H

“ Peter is a professional. As a female I felt safe in his hands. He is tuned to what my muscles need. ”
Cheryl Z

Remedial Massage Therapy

by Peter Kotsiras



SA  **wellness centre**

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Remedial Massage

Remedial Massage incorporates several techniques that assist in healing, relieving pain and improving the health of our body. Sensitive points in our muscles often refer pain to other parts of our body. For instance, headaches may originate from strained muscles in our neck. Remedial massage helps to stimulate blood flow in these areas, reducing pain, swelling and speeding up the body's natural healing process. Remedial Massage may be used to treat:

- Back and neck pain
- Headaches and migraines
- Joint pain/arthritis
- Sciatica
- Work and sports related injuries

Sports Massage

Sports Massage is Massage and Stretching techniques applied to our muscles and connective tissues of our body. It is designed to enhance physical performance, alleviate stress, tension and muscle soreness. Sports Massage promotes flexibility by increasing our range of movements promoting faster recovery from injuries. It may be performed before, during or after physical activities.

Sports massage may also assist in treating minor injuries and lesions that occur as a result of overexertion or overuse.

Traditional Cupping Therapy

Traditional Cupping Therapy is a traditional Chinese modality that uses cups placed on the skin to draw up underlying tissues. The cup is rolled up the skin and left in place for 5 to 15 minutes. This causes our body to release toxins, activate the lymphatic system, clear blockages and increase blood flow. It is commonly used for:

- Lower back problems
- Muscular and joint pain
- Sciatica
- Stiff shoulders
- Common cold and influenza
- Bronchial asthma
- Skin complaints
- Premenstrual pain

Dry Needling

Dry Needling is used for the treatment of muscle pain and dysfunction. It involves introducing fine, sterile acupuncture needles into “trigger points” (knots) of muscles. Dry Needling alleviates the symptoms of trigger points and is commonly used for the treatment of:

- Neck pain, headaches and migraines
- Hamstring and lower back problems
- Stress and muscular tightness
- Sporting injuries
- Jaw pain / TMJ

Deep Tissue

Deep Tissue Massage uses slow, deep and intense massage strokes across the grain of our muscle. Greater pressure is applied to deeper layers of our muscle than that of relaxation massage. It is beneficial for healing physical injuries, joint restrictions and structural misalignment.

Relaxation Massage

Relaxation Massage is designed to reduced stress and rebalances our vital body energy. It increases blood flow by easing muscular and psychological tension giving you a chance to relax and de-stress.

Pregnancy Massage

Pregnancy is a very special time in a woman’s life which creates significant physiological, structural and psychological changes. Using gentle, appropriate techniques massage may relieve common discomforts associated with pregnancy such as:

- Back aches
- Cramps
- Neck stiffness
- Headaches
- Muscle Fatigue
- Swollen ankles and feet/Oedema
- Depression and anxiety

Peter Kotsiras is an accredited pregnancy massage therapist.