

# Clinic

Open 4 Days till 6pm by appointment

## Velcresion Therapy™

### Postural Re-Alignment Programme

- 1st Consultation 2½ hours
- 2nd Treatment 2 hours
- Maintenance Sessions 2 hours

## Tune Up

A deep tissue muscular workout for an aching back, neck and shoulders

- Remedial 1 hour
- Remedial 1½ hours

## Mini Massage

A gentle relaxation massage for front and back of legs, back, neck and shoulders

- Massage 1 hour

## Maxi Relaxer

A full body massage for the relief of tension/stress

- Massage 1½ hour

Health Funds Accredited

Gift Vouchers Available

Visa and Mastercard accepted



**BODYWORK** Est. 1987  
Advanced Remedial Massage Techniques  
**VELCRESION THERAPY™**  
Postural Re-alignment Programme



**BODYWORK ORIGINAL MAKE-OVER**

### Clinic:

**43 Campbell Avenue  
Anna Bay 2316  
Port Stephens  
Tel. (02) 4982 1033**

**Fax: (02) 4982 1149**

### Email:

**amanda@bodywork.com.au**

### Web Sites:

**www.bodywork.com.au  
www.velcresiontherapy.com**

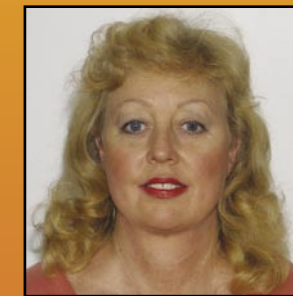
ABN 98 027 724 248



**BODYWORK** Est. 1987  
Advanced Remedial Massage Techniques  
**VELCRESION THERAPY™**  
Postural Re-alignment Programme



**BODYWORK ORIGINAL MAKE-OVER**



By Amanda Squires

\$ 2 - ! 4 - 3

3/#/' ! PPOINTED  
-ASSAGE 4 THERAPIST



- Advanced Specialised Remedial Massage
- Reflexology - Hands & Feet
- Relaxation Massage
- Velcresion Therapy™ Postural Re-alignment
- Joint Mobility / Injury Rehabilitation
- Sports Tune-up

### Specialising in:

**Neck, Rotator Cuff, Numbing & Tingling Arms/Hands, Shoulders, Back, Knees, Migraine/Headaches, Sciatica, Chest Pain and Postural Problems**

## Velcresion Therapy™

4 HERE 1 AN UNEQUE POINTS TO THE ESTABLISHED SINCE 6ELCRESION 4HERAPY AND IS A BODY TRAPEZIUS TRIANGLE AND SPINALIGNMENT PROGRAMME AN DESIGN FOR SO AND LEVEL COMBAT HEALTH PROBLEMS FOUND HANDS TO BE DERIVED FROM PELVIS PALMS OF SWAY CONTINUAL ROUND SHOULDER FIFTH FINGER'S ACTIVITY YOU ARE SUBJECTING YOUR BODY TO DAILY IN OUR MODERN, DAY SOCIETY AND POSTURAL MISALIGNMENT DUE TO

accidents

### Velcresion Therapy™ is different!

IT SETS CRITICAL Visual Appearance Standard CHECKLIST YOU CAN SEE WHICH YOU RETURN OR TRY regain For health.

4 THE TREATMENT METHODS WHICH DISBURSE TISSUE ADHESION BECAUSE THEY ADHERE TO PARTICULAR SEQUENCES AT KEY LOCATIONS HAVE TO BE LOOSE ENOUGH TO ALLOW A PARTICULAR ARM MOVEMENT TO THIS THERAPY TO RELOCATE POSITION IN THE ROTATOR CUFF STRAIGHTEN THE SHOULDER LINE ALIGNMENT AND SCOLIOSIS

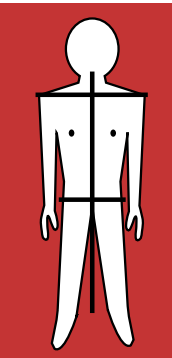
### Bodywork Original Make-over

4 THIS MAKE-OVER TUNE MUSCLES AND MOBILISE JOINTS REMOVE INCREASES LOST HEIGHT STRETCHES SPINAL IMPERFECTIONS STRAIGHTENS EXPANDS THE CHEST UPLIFTS "OOBS" BRA STRAP GROOVES THE BODY ELONGATES THE NECK AND SMOOTHES OUT WRINKLES AND DEEP LINES GENERAL WELL BEING AND MOTIVATION RETURN LOSS IRRITABILITY AND DEPRESSION IS NOW ABLE TO COMBAT CHRONIC PAIN AND ORGAN WEAKNESS

## Visual Appearance Standard

THIS IS DEPICTED BY A STRAIGHT SPINAL ANGLE EVEN SHOULDERS AND ARMS ALONGSIDE PELVIS PALMS TO SIDE OF THIGH

### Correct Postural Alignment

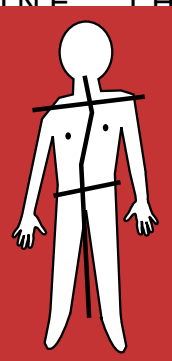


#### Start Position for Exercises

3 STRAIGHT #LAVICLE 5VEN 4RIANGLES ARMS ALONGSIDE "ODY WHICH PALMS TO SIDE OF 4HE ELCRO ECTIONS (Use this as a goal after treatment)

Look in the mirror!

### Incorrect Postural Alignment



#### "Paddle Walker"

5NEVEN 3HOULDERS 5NEVEN SIZE 4RIANGLE STRAIGHTEN #LAVICLE Es BODY'S SHAM LENGTH S THE STORS AND JUST SP ROUNDED SHOULDERS REAS 5NEVEN 4ORSO AN ENGT H-AN ELYS

When mis-alignment is visible:

GENERAL NECK BLOOD FLOW OCCUR AND TO INCREASE WELL BEING

/NGOING RESEARCH AND RES CORRECTING THE POSITION 6ELCRESION NEARLY BY THE FAS SPINAL ANGLE EVEN SHOULDERS AND ARMS ALONGSIDE PROBLEMS PALMS AND SWAY PELVIS PALMS OF THIGH OF THE SIDE OF THE THIGH vertebrae and disc compression.

### Velcresion Therapy™

#### 4 15 second Daily Maintenance Programme

AFTER ANY ACTION WHICH IS 1 HOURS INCLUDING SLEEPING ARE MUST TO STOP ADHESIVE 6ELCRES FROMS FORMING 7HEN THE CORRECT LOCATION THE ONLY DISTRIBUTED OVER T FEET 7HEN THE SHOULDER L NEK WILL BE BALANCED AT IT

### Bodywork Therapeutic Massages

#### Mini Tune-up (1 hour)

IN INTRODUCTORY SESSION F SHY OR NOT KNOW WHAT TO MASSAGE ISCA BROADER AND MASSAGE 4 IN DEEP TISSUE MASSAGE 4 UP WILL ALSO GIVE YOU ADV MASSAGE CAN BE HELPFUL F HEAD TO TOE

#### Maxi Relaxer (1 1/2 hours)

4HE "/\$97/2+ -AXI 2ELAXER 2E IS A DEEP TISSUE THERAPY AND MECHANICAL TENSIONS METABIC WASTES AND SERDOX BLOOD SUPPLY AND NUTRIE EG UPPER BACK HUMP THEREFORE WORKS AS A TO PROMOTING BODY RELAXATIO