

MYOTHERAPY AWARENESS WEEK 2023

15th to 19th May



FOR IMMEDIATE RELEASE

Myotherapy Awareness Week 2023

Today, the Myotherapy Association Australia, launches Myotherapy Awareness Week 2023.

Myotherapy Awareness Week takes place this year from 15-19th May 2023 and involves both celebrating and raising awareness of the remarkable benefits that Myotherapy can have on our physical health, bodily movement, injury recovery and pain management, which all contributes to our quality of life.

The week also aims to showcase the training opportunities available for the next generation of Myotherapists.

During Myotherapy Awareness Week, MA will be hosting a series of online events with medical and health professionals including two free Instagram live sessions for the general public to understand how myotherapy might work for them.

About Myotherapy

Myotherapy is an innovative, emerging profession helping people relieve pain and move better in life. Myotherapy is not a 'technique' but a healthcare qualification underpinned by evidence and health science knowledge. Myotherapy focuses on assessing, treating and managing pain associated with soft tissue injury and restricted joint movement caused by problems with your muscles and the tissue surrounding your muscles (the fascia).

The Myotherapy Association Australia is on a mission to educate others on the benefits of myotherapy, A myotherapist will help you make sense of why you hurt, and what to expect on your journey of recovery. Understanding what's happening to you and why, can be a powerful pain reliever.

Myotherapists are known for being hands-on with their treatments, and one of their great strengths is their soft tissue skills.

Treatment may include, but is not limited to applying dry needling, exercise and rehabilitation planning, massage therapy and joint mobilisation.

The Myotherapy Association Co-CEOs, Erin Baker and Tessa Verrier are qualified myotherapists and will be hosting two free live sessions on 'How Myotherapy can help with my pre and post pregnancy journey' on Tuesday 16th May, and 'Myotherapy for lower back pain' on Wednesday 17th May.

“If you have never heard of myotherapy before, or haven't seen what a Myotherapist can do, we encourage you to join us and see for yourself. The Association is then happy to put you in touch with a Myotherapist near you”, said Co-CEO Erin Baker.

For a full timetable of events and speakers please visit www.myotherapy.org.au/maweek2023

Your local Myotherapist:

For more information contact:

Myotherapy Association Australia

www.myotherapy.org.au

03 9413 3813

admin@myotherapy.org.au

END