



Do I need a referral from my GP?

Patients may be referred to a Myotherapist by their doctors, other health practitioners, personal trainers or other exercise and wellness instructors. However, it is not a requirement that you need a referral to see a Myotherapist, and many patients visit these practitioners on their own accord.

As a medical practitioner or other health practitioner, how can Myotherapy benefit my patients in achieving their goals?

Myotherapists utilise a wide range of evidence based treatment approaches and skill, which in addition to manual therapy, assists with muscular pain and dysfunction. A number of conditions Myotherapists treat, yet not limited to, can be found [here](#).

As primary health care providers, Myotherapists are skilfully trained to assist and aid in prevention, assessment, early intervention and treatment of injuries and pain and the ongoing management of chronic musculoskeletal conditions. MA Myotherapist skill set and treatment options for patients may include trigger point therapy, joint mobilisation, dry needling, cupping, stretching, exercise and rehabilitation programs, pain management and patient education

Myotherapists often work in conjunction to other allied health practitioners to optimise patient outcomes and achieve long standing, sustainable results. You can find your local MA Myotherapist [here](#).