



B A R R H A V E N

---

**HealthHUB**

Portfolio



# Biomedical acu•punc•ture

/ˈhæsəl/ verb

Biomedical Acupuncture is a highly effective form of therapy. It's use is for the treatment of a multitude of musculoskeletal and neuromuscular conditions.



104



Show all comments (17)

# SERVICES

PHYSIOTHERAPY



REGISTERED  
MASSAGE THERAPY



NUTRITION  
COACHING



SHOCKWAVE  
THERAPY



104

Show all comments (17)





## John Fenech

John's passion for health and wellness is infectious, his success helping people attain their personal goals has been refined over his 15 years



## Catherine Oakley

Catherine has been practicing as an RMT for 18 years. She specializes in muscle rehabilitation and pain management.



104



Show all comments (17)



# Ways To Relax



STRETCH



YOGA



BREATHE



SLOW  
DOWN



LISTEN  
MUSIC



MEDITATE



104



Show all comments (17)

In our center we have the  
infrastructure and  
treatments that your body  
requires to recover.

Consult with our specialized  
professionals, they will  
provide you with the attention  
and advice so that you can  
access the options that best  
suit you



104



Show all comments (17)



We accompany you in the  
recovery process with  
individually adapted  
treatments and processes



104



Show all comments (17)





# tendi•no•pa•thy

/ˈhæsəl/ verb

Tendinopathy is now the preferred term to reflect the dynamic nature of tendon-related pain. We are moving away from tendinitis or tendinosis.



104



Show all comments (17)

Testimony

*Friendly service  
and the staff knows  
their stuff. I  
recommend this  
place for physio &  
massages. They also  
have a nutritionist  
available as well."*

Arika-Google Review



104



Show all comments (17)



# Cupping the•ra•py

/ˈhəsəl/ verb

Therapeutic cupping involves the careful placement of therapeutic cups on the skin of the treatment areas. Air or heat is then manually pumped to create suction. This will create a vacuum to lift up the skin and underlying tissues.



104



Show all comments (17)