



Sarah Trangmar

Sarah Trangmar is qualified in Remedial massage, Complex Lymphatic Therapy, Oncology Massage, Bowen therapy, Kinesiology and Reiki. She has a special interest in working with people with cancer and other complex medical conditions. Her experience has shown that touch therapies can be of great benefit in many complex medical conditions. Appropriate physical touch can, by inducing the relaxation response, have immediate and long lasting physiological and psychological results. Applied appropriately, it can also bring relief from many of the side effects of cancer treatment. I draw on all my modalities to provide a treatment which is adapted to the needs of the individual.

Sarah has been a therapist for over 20 years and has been involved with working with cancer patients and their families for 15 years. The cancer work has inevitably led her to working with lymphoedema and scar tissue management.

She has been a volunteer therapist at the Cancer Care Centre in Unley, Adelaide for the past 15 years. She was also part of a team of oncology massage therapists working on the Oncology Massage Program at Flinders Hospital, both on the ward and in the day infusion suite from the program's inception to its close in March 2018.

Sarah works out of Brighton Chiropractic and Integrative Health Solutions in Belair, SA. She can be contacted via either of these clinics via the contact details below:

enquiries@integrativehealthsolutions.com.au (08) 7231 1628
or reception@sykeschiropract.net (08) 8377 1333