



The Cyriax Method by Dr. Joo Taebaek

Through the combination of sports therapy techniques and Traditional Chinese medicine, Dr. Joo aims to identify and treat, not only the symptoms, but also the cause of musculoskeletal pain. In this comprehensive approach Dr. Joo works holistically incorporating consultation, treatment and post-treatment advice.



About Dr Joo

Hailing from Korea, Dr. Joo graduated with a doctorate in Sports Medicine from Liège, Belgium. He has further honed his craft by mastering a number of other therapies and sports rehabilitation techniques. These include Respiratory Rehabilitation, Muscle Chain and Postural Analysis and most recently Traditional Chinese Medicine. Dr. Joo travels the world working with celebrities and the Jordanian Royal Family and is known for lending his expertise to national sports teams. Dr. Joo has also done humanitarian work in Guatemala and turned the orphanage he lived in in Korea into a school that offers free education.

Holistic Therapy Offered:

The Cyriax Method (60 mins)

THB 5,800++

3 Session Package (3 x 60 mins)

THB 14,790++

The Cyriax Method, a combination of Western and Chinese medicines, is a practice that diagnoses and treats muscles, joint, circulatory, mechanical, digestive, emotional and energy dysfunctions. The session begins with a consultation and postural diagnosis to assess causes of imbalance. As needed by each individual case, movements and techniques that include gentle shaking, acupressure, trigger points, stretching and cupping are then applied to the body to release tension, reduce pain, enhance joint mobility and re-align posture. The entire procedure is painless. Dr. Joo will then give you the tools and techniques needed to continue the healing process at home.

To reserve a private session with Dr. Joo, please contact Anantara Spa. Prior booking and only by appointment.

All prices are in Thai Baht and subject to 10% Service Charge with 7% Government Tax. Prices are subject to change without prior notice. Dr. Joo is subject to availability.