

## Bamboo bashing a hit with the stars

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Stephen Tiong performs his unusual 'muscle detox' treatment. (ABC News)

Hollywood celebrities are now queuing up for an unusual health treatment that involves being beaten with bamboo.

A man from Adelaide is one of only two people in the world trained in the ancient Chinese form of muscle detoxification.

Stephen Tiong's sticks have already been used to whack some A-League soccer players into shape but his treatment is not your average visit to a medical clinic.

"When you have a tight muscle or a strained muscle, the muscle is full of toxin," he explained.

"Now to make sure that the muscle can be clean and healthy, you have to break down all the toxin.

"Once the toxin is broken down your body actually heals itself."

### Soccer success

Mr Tiong's bamboo sticks have been put to use for sporting stars.

Adelaide United's owner Nick Bianco says the treatment has worked wonders on him, so now he has asked the 'bamboo man' to beat the injuries out of his players.

"I had a hamstring tear and (was) supposed to be out for two or three weeks and I saw him [Mr Tiong], I believe on a Sunday morning; got all bruised up, but I think it was worth the effort because I was back playing within three or four days," Adelaide United player Diego said.

But one of Australia's top medical professionals is not convinced about the unorthodox treatment.

Former Olympic team doctor Brian Sando, now with the Adelaide Crows, is sceptical.

"[It's] one of those things that we'd like to see some evidence that it has got some credibility to it before we could possibly recommend it," he said.

Mr Tiong is about to fly from Adelaide to Hollywood, where high-profile American musicians and sporting stars are said to be lining up for a beating with bamboo.

He will leave for the United States next week.