

PHYSIOTHERAPY SERVICES
INCLUDE ROOMS, VISITS
TO THE HOME, WORKPLACE,
OFFICE AND HYDROTHERAPY

“There are really only two requirements when it comes to exercise. One is that you do it. The other is that you continue to do it.”

The New Glucose Revolution for Diabetes by Jennie Brand-Miller, Kaye Foster-Powell, Stephen Colagiuri, Alan W. Barclay



TREATMENT PHILOSOPHY

Comprehensive assessment of your problem.

Treatment and self management tailored to the individual is an essential part of our care.

Communication with and referral on to other health professionals where necessary in the interest of achieving the best result.

LOCATED AT

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Flexibility. Mobility. Recovery.

HELPING YOU GET BACK TO LIFE.



Finding support

IN YOUR RECOVERY
PROCESS



We treat a
wide range of
conditions and
provide equipment

EQUIPMENT HIRE OR PURCHASE

- Hire of TENS machine's for pain reduction and labour
- Pelvic floor exercisers
- Pelvic girdle and lumbar supports
- Orthopaedic braces
- Biofeedback machines

TREATMENT FOR THE FOLLOWING CONDITIONS IS OFFERED:

- Spinal pain
- Sports Injuries
- Orthopaedic Rehabilitation following accidents, injury and operations.
- Temporomandibular Joint (jaw dysfunction)
- Assessment and Management of Gait Abnormalities and Foot Dysfunction (Liaison with podiatry practitioners)
- Assessment and management of Postural Imbalance
- Management of muscle and Joint Dysfunction
- Vestibular Rehabilitation
- Acupuncture and dry needling for musculoskeletal conditions
- Gym Exercise Programs
- Exercise Programs with or without inexpensive portable equipment which can be used at home.
- Falls prevention programs
- Hydrotherapy
- Liaison with personal fitness trainers and gym instructors. This includes visits to the gym.
- Liaison with occupational health consultants regarding management of work injuries and return to work programs.
- Real time ultrasound biofeedback

WOMEN'S HEALTH

- Pregnancy related neck, back and pelvic girdle pain
- Ante-natal and Post-natal exercise programs
- Pelvic floor muscle function assessment and exercise
- Stress and urge urinary incontinence and urinary frequency
- Bowel management (constipation and incontinence)
- Osteoporosis prevention programs
- Pelvic pain
- Non infective mastitis

MEN'S HEALTH

- Pelvic floor exercises
- Pre and post prostatectomy education and management
- Urinary incontinence
- Bowel management (constipation and incontinence)
- Pelvic pain

PAEDIATRIC HEALTH

- Urinary urge incontinence and frequency
- Voiding dysfunction
- Bowel management (constipation and incontinence)
- Bedwetting