

GENERAL PHYSIOTHERAPY

- Back and Neck Pain
- Joint Pain and Arthritis
- Headaches
- Muscle Weakness or Stiffness
- Aquatic Physiotherapy
- Orthopaedic Rehab Post-Surgery
- Workers Compensation Injuries
- Chest Physio for pneumonia, emphysema, COPD, exercise prescription for lung fitness
- Sports Injuries
- Gym Program
- Motor Vehicle Accident Insurance Claims

SPECIAL AREAS OF INTEREST:

- **Bladder, Bowel and Sexual Dysfunction for Women, Men and Children** - Including Internal Examinations, Pelvic Floor Assessments, Support Pessary Prescription, Perineal Trauma, Pregnancy and Postnatal Pains, Exercise and Pelvic Floor, Hysterectomy, Prolapse, Surgery Prevention or Recovery, Urinary Urgency, Constipation, Soiling, Genital Pain.
- **Mens Health: Before and After Prostate Surgery, Urinary Leaking** - Including Ultrasound Scans of Internal Muscles, Erectile Dysfunction.
- **Paediatrics (Children)** - Including: Plagiocephaly (Mis-shaped Head), Torticollis (Stiff Neck), Orthopaedic, Sports, Surgery Recovery.
- **Vertigo, Dizziness, Vestibular Rehabilitation**
- **Neurological Rehabilitation** - Including Brain Injury, Stroke, Multiple Sclerosis, Parkinsons.
- **Chronic Pain Education "How to Retrain your Brain from Pain"**
- **Chinese Acupuncture for Pain Conditions**
- **Dry Needling of Trigger Points**
- **Home Visits (Inc. Sarina and Surrounding Areas)** **Travel Fees Apply if you are unable to travel to our clinic.
- **Occupational Health and Manual Handling Training** - Including Pre-Employment Functional Assessments, Workplace Injuries, Worksite and Workstation Assessments, Ergonomic advice and group training for Injury Prevention.
- **TMJ "Clicking or Painful Jaw"**
- **Bike Fit Assessments**
- **Running Biomechanics**
- **Aquatic Physiotherapy/Gym Program** - Regain physical fitness, strength and flexibility reducing injuries and future recurrence and enabling return to normal duties. You can choose which gym/pool you attend. **Travel Fees Apply.
- **Hip Muscle Activation Scans**
- **Core Muscle Activation Scans**
- **Massage Therapy** - Health Fund Rebates Available

CLASSES:

- **Pilates: Individual and Group, Ante/Postnatal Pilates, Dance, Teens** - Please see our Pilates handout.
- **Pulmonary Rehab** - Supervised individualised approach to increasing your cardiovascular fitness and general exercise tolerance.
- **Falls Prevention** - Standing balance, leg strength and bone stimulating exercises to treat osteoporosis and osteopenia, using body weight and small exercise props.

We accept DVA, CTP, Workers Compensation, NDIS, EPC, My Aged Care

**IF YOU KNOW ANYONE THAT HAS A CONDITION LISTED ABOVE,
PLEASE ASK RECEPTION FOR A COPY OF THIS LIST FOR THEM.**