



## Fact sheet

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### Our Treatment approach:

Our appointments are usually half an hour. We employ only registered physiotherapists to perform assessments and treatment.

### Our physiotherapists will:

- Provide you with a careful assessment of your condition.
- Develop an individualised treatment program which may include hands on treatment and an exercise program to strengthen and retrain your joints and muscles.
- Educate you on how to manage your own condition so that you can work towards self management with the assistance and guidance of our physiotherapists.

### We provide treatment for the following areas:

#### Muscles and joints

*Neck* – whiplash, headaches, dizziness.

*Back* – low back pain, mid back pain stiffness, sciatica.

*Hips and pelvic pain.*

*TMJ* – jaw pain.

*Knees* – preparation for surgery and post-operative recovery, arthritis, sporting injuries, anterior knee pain.

*Ankles* – sprains, treatment of and recovery from fractures, strengthening.

*Shoulders* – post surgery rehabilitation, rotator cuff injuries, instability, impingement.

*Elbows* – tennis elbow, golfers elbow.

*Wrists, hands and fingers* - post operative and post injury treatment, arthritis, splints.

*Calf* injuries.

*Hamstring* and *Achilles* tendon tears.

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## **We look after the following problems:**

### **Sports**

Our physiotherapists can assist you with injuries or areas of concern arising from:

*Ball sports* netball, football, rugby, cricket, baseball.

*Racquet sports* tennis, squash, badminton.

*Athletics* – marathon and triathlon preparation and recovery.

*Cycling, Swimming, Dance and gymnastics.*

### **Workplace injuries**

– Recovery from injury, reconditioning and return to work.

### **Musicians**

– Overuse, postural retraining.

### **Motor vehicle accidents**

– Whiplash and treatment of other neck, back and knee injuries. Dizziness.

### **Continence**

– Advice and exercise programs for men and women.

### **Pre and post natal care for mothers**

– Continence, pelvic pain arising from pregnancy and childbirth, back pain.

– Strengthening and recovery from the demands of motherhood.

### **Fractures**

– Provision of synthetic casts for fractures, or plasters.

– Fitting and sale of walking boots for leg, foot and ankle injuries.

### **Equipment**

– Fitting of braces, supports and splints for back, wrist, elbow, and ankle finger injuries.