

Our Physiotherapist treat to restore, maintain, and make most of your wellbeing.  
Our Physiotherapist can help you with:

### **Fitness and mobility:**

- Becoming and staying active
- Participating in daily life physical activity
- Improving walking endurance

### **Neurological conditions:**

- Parkinson's disease
- Stroke
- Multiple Sclerosis

### **Rehabilitation:**

- Falls prevention
- Gait training
- Pain management
- Post joint surgery and ligament injuries

### **Musculoskeletal:**

- Treating injuries and conditions affecting muscle joints & tissues

### **Movement skills:**

- Move and transfer
- Aids to assist with walking
- Improve joint range and flexibility

### **Report Writing to relevant bodies:**

- Assistive technology reports for walking and exercise equipment's
- NDIS plan review reports

### **Exercise plan:**

- To improve strength and movement

### **Chronic diseases:**

- Diabetes, osteoarthritis, osteoporosis, and obesity

### **Paediatric:**

- Developing motor skills
- Balance, coordination, and walking

For further information or to make a referral, please contact us on below details.