

PHYSIOTHERAPY IS...

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Practice Director

WHO WE ARE

Physiotherapists are highly qualified health professionals who work collaboratively with their clients, to relieve pain, restore movement, prevent injuries and ultimately improve the health of individuals.



COMMON INJURIES AND CONDITIONS WE TREAT

- Back Pain
- Neck Pain
- Headaches
- Sciatica
- Spinal Disc Injuries
- Shoulder Injuries
- Shoulder Dislocations
- Knee Injuries
- Ankle Sprains
- ACL Reconstruction
- Pre & Post Natal Conditions
- Joint Arthritis & Replacements

- Pre-surgical Rehab
- Post-surgical Rehab
- Chronic Pain
- Achilles Tendon Pain
- Runners Knee
- Plantar Fasciopathy
- Hip & Groin Injuries
- Tennis Elbow
- Pelvic Pain
- Muscle Strains
- Reduce Risk of Injury
- Improve Sports Performance

WHAT WE DO

We are particularly skilled in our ability to diagnose and identify causation of injuries. We diagnose and treat musculoskeletal and sporting injuries and rehabilitate people after surgery. Physiotherapists also work closely with GPs, Surgeons and other health care practitioners to achieve optimal care.

HOW WE DO IT



RELIEVE



RESTORE



RECONDITION



PERFORM

Physios implement a wide variety of treatment modalities to rehabilitate you from injuries. Often using our hands with manual techniques and massage to relieve pain, we teach you optimal movement patterns and technique to restore mobility with Clinical Pilates, and we are experts in exercise, prescribing specific exercises to strengthen you, reducing the risk of injury reoccurrence and improving your overall health and performance.



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