

physiotherapy

Have you made a promise to yourself to become fitter and healthier
...but pain and injury are getting in your way?

The Sports Injury Clinic can help you keep that promise...pain free!

It's no secret that one of the challenges any family faces is the likelihood of pain and injury. Whether they are caused by accidents, playing sport, work or just day to day living, pain is an unfortunate and unavoidable part of life.

Stress, headaches, neck, back and shoulder pain and sciatica are just some of the problems that can take their toll.

No matter what age, life's little mishaps can affect any member of the family at any stage. And you don't have to be an athlete. Children growing and playing, sporting teens, parents working and exercising, mothers-to-be and grandparents - injury can affect the entire family and its daily routine.

That's where The Sports Injury Clinic can help. Our highly qualified, experienced physiotherapists are focused on you, your family and your unique lifestyle. Our comprehensive range of services covers every injury and every situation and is aimed at providing vital support for your family.

First Choice – Peace of Mind

In the event of injury, finding expert treatment and the right advice can be difficult. Because you don't need a referral to make an appointment, you can come to The Sports Injury Clinic *first*. Using state of the art diagnostic equipment, our physiotherapists are qualified to assess and diagnose your injury immediately. If you need an x-ray or an appointment with another specialist, we can arrange that too. And we keep your family doctor up to date with your treatment and progress.

Total Treatment – Total Care

Injury or pain is not always a result of an accident. Normal wear and tear, poor posture and the wrong footwear are just some of the many factors that can contribute to pain. As part of your treatment, our physiotherapists will work with you to develop a personalised plan to suit your individual needs.

Self Management – Self Confidence

At The Sports Injury Clinic our physiotherapists believe that self management is the key to successful treatment and prevention of injury and pain. We can help you understand your body, giving you simple and effective self management strategies that fit into your lifestyle and individual needs.

Recovery with Real Results

Illness and surgery are an unfortunate fact of life, but with the right support, treatment and advice you can be on the road to recovery in no time. At The Sports Injury Clinic, our physiotherapists have a wealth of experience in rehabilitation. Your specialised treatment and individual programs are aimed at guiding you towards a stronger, healthier future.

We can discuss and develop your personalised program, to give you the support you need to live pain free - for life!



Life Support for Every Body

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