

Physiotherapy:

At Complete Care Physiotherapy Health Group we will:

- Treat you as a person rather than an injury;
- Take the time to listen to your needs and health concerns;
- Confidently help you understand what's going on with easy explanations;
- Thoroughly discuss your treatment plan in the first instance and review at regular intervals;
- Communicate treatment choices based on the outcomes you want;
- Neutralise your pain first to give you comfort;
- Focus on delivering results that last and teaching you how to self-manage your condition.

Physio with extras

Our range of physiotherapy related services means that your treatment or performance pathway doesn't need to stay within the confines of traditional physiotherapy.

Your physio has the flexibility to give you the best outcome by utilising the benefits of other key techniques such as clinical Pilates, massage, gym based exercise rehabilitation, dry needling and more.

Extensive knowledge and experience in physiotherapy

We have physiotherapists with knowledge and experience in all the following areas:

- Sports physiotherapy;
- Spinal and posture physiotherapy;
- Post-surgery rehabilitation physiotherapy including Aquatic Physio classes;
- Physiotherapy for seniors with focus on osteoporosis and arthritis;
- Women's Health – including pre and postnatal and continence.

Women's Health

Whether you have specific needs for pre or postnatal care, or the unique challenges faced with aging, Complete Care Physio Health Group provides simple and effective solutions for women during all stages of their busy lives.

Women's health physiotherapy at Complete Care Physio Health Group is:

- Unique and tailored to your needs;
- Undertaken in a safe and confidential environment, under the instruction of qualified physios.

Prenatal physiotherapy services

At Complete Care Physiotherapy health Group we can provide:

- A range of effective ways to maintain your fitness during pregnancy;
- Treatment for and/or advice on avoiding back pain;
- Friendly, confidential advice and treatment for your pregnancy-related health concerns;
- Recommend exercises to strengthen your pelvic floor to avoid an incontinence during and following pregnancy
- RTUS assessment to ensure you are completing your pelvic floor exercises effectively and accurately
- Unique and intimate exercise classes for expectant mothers.

Postnatal physiotherapy services

Regaining pre-pregnancy fitness and vitality is paramount to new mothers. Our physios tailor specific exercises to restore your posture and improve pelvic floor and abdominal strength.

You can enjoy both one-on-one sessions with your physio or attend our physio-run group classes, offering a safe and fun exercise experience that you can share with your baby.

If you are pre or postnatal, our physio can provide extensive advice on returning to exercise.

Specific attention will be given to the pelvic floor function and prevention of prolapse or incontinence symptoms that can arise when exercise is recommenced too soon or incorrectly. Your physiotherapist can also recommend you see one of our specialist qualified continence and pelvic floor physiotherapists if your symptoms require more specialised attention or advice.

Massage

Massage is beneficial to the body in many ways, both physically (tissue manipulation) and emotionally (relaxation).

A massage conducted by a physiotherapist or other experienced therapist will see a reduction in your aches and pains, whether caused by sport, injury or the stresses and strains of everyday life.

Our qualified physios and other practitioners can adjust their massage techniques to cater to your need.

We offer a range of massages including sports massage, remedial massage and relaxation;

We take a tailored approach, targeting key areas of your body chosen by you and your physiotherapist.

Feel confident your massage will be completed in a safe, professional environment; Your experience will be enhanced by the knowledgeable hands of your therapist; who understands your pre-existing conditions, injuries and pain.

Vibration Therapy

Whole body vibration therapy has many benefits. Elite athletes and leading medical institutions around the world continue to see exceptional results from vibration therapy.

When used under the instruction of one of our physios, you can experience results not only as treatment but as a preventative measure for a diverse range of health issues including back pain, falls prevention, core strength, and elite performance.

Clinical Pilates

Clinical Pilates is a highly individualised form of traditional Pilates lead by qualified professionals and physiotherapists who have completed formal Pilates training. This means you will complete a safe and effective program under their guidance.

With a focus on rehabilitation and prevention, your physio will prescribe specific Pilates exercises based on your detailed physiotherapy assessment. These tailored exercises target problem areas ensuring greater results and minimising the risk of injury re-aggravation.

You will use a combination of specialised Pilates equipment including reformers complimented by floor-based exercises depending on your needs. This brings about better targeting and resistance as you progress in your Pilates program.

Complete Care Health Group Services

Your Pilates program will feature the following:

- Clinical methodology - an evidence based technique taught by qualified professionals and physios who know the intricate details of your body;
- Individually tailored exercises - focus on working the areas specific to your needs;
- Attentive, instructional, and focused - correct technique and personal application;
- Specialised Pilates equipment - such as reformers
- Range of service options - individuals (one-on-one) and classes (maximum of eight).

You will learn about dynamic stability that improves the functional strength of your spine and limbs as well as improving posture meaning you will see the results that you want, faster.

Other Services

- WORKCOVER
- TAC
- EPC – You may be eligible for up to 5 physiotherapy sessions funded by Medicare. You will need to see your doctor for referral and eligibility.
- DVA
- PRIVATE – We are preferred providers with Bupa and some other providers.