



healthspace

Physiotherapy

To Provide

To provide every individual the opportunity to be happy and healthy and achieve their genetic potential

To Serve

To serve our community with integrity and passion using evidence based holistic health care

To Inspire

To inspire families to take ownership, educate themselves and make better health choices



Benefits of Physiotherapy

- Scientific evidence based treatment techniques
- Symptom relief
- Reduce swelling/inflammation
- Improve muscle strength and muscle activation
- Improve mobility/flexibility
- Expert knowledge about various musculoskeletal conditions
- Appropriate for all ages (infant-elderly)
- Provide expert education and advice regarding your specific condition
- Develop self-empowerment for self-treatment and prevention of further injuries
- Boost athletic performance
- Faster return to sport and your daily activities

Tried everything? Nothing working?

Health Space have an amazing array of practitioners that have many years of experience working with chronic, weird and wonderful cases. Visit [www.healthspaceclinics.com.au](http://www.healthspaceclinics.com.au) for Clinic locations and contact information.

Sport injuries

Chronic & acute pain



Headaches

Musculoskeletal issues



Postural correction

Joint conditions



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## What is Physiotherapy and how are we unique at Health Space

Physiotherapy is a healthcare profession that assesses, diagnoses, treats musculoskeletal injuries and conditions. At Healthspace we focus on working towards improving your overall health and prevent further risk of injury.

Here at Health Space our passionate physiotherapists utilise extensive knowledge and specialised skills to provide a range of techniques to help you feel better, fast. They strive to maintain up to date with the latest evidence based practice to give you the best possible treatment and fastest recovery.

Health Space physiotherapists are experts in movement and function. To provide our patients with optimal results, our Physiotherapists embrace a hands on approach to help get you where you need to be. We pride ourselves on finding and treating the cause of the issue and not just treating the symptoms.



## How can Physiotherapy help you?

- Sport injuries (e.g. muscle tears and ligament damage)
- Chronic and acute neck and back pain
- Headaches
- Peripheral nerve injuries (e.g. sciatica)
- Musculoskeletal issues (e.g. tendon issues, muscle imbalances/tears, bursitis, overuse and acute injuries)
- Postural correction and re-training
- Joint conditions (e.g. osteoarthritis, dislocations)
- Post-Operative rehabilitation
- Training advice and sporting technique corrections
- Running analysis
- Home exercise programs for strength and balance
- Pre and post natal issues and rehabilitation

## Physiotherapy techniques

- **Soft tissue therapy**  
We use soft tissue therapy to target specific muscles and increase blood flow through the tissue. This can assist in improving flexibility, decreasing pain and stiffness, lengthening muscle tissue and decreasing muscle tension/tightness.
- **Trigger point release**  
Trigger points are specific spots on muscle fibres in the body that cause aching and stiffness, which in turn affects performance and can cause pain. Trigger point release techniques can be used to release these points, therefore reducing pain and improving mobility and performance.
- **Postural and gait analysis**  
Correcting the posture you may have adapted from work or other activities to help enhance the efficiency of your biomechanics. This helps to decrease pain and stiffness.  
Assess your gait patterns (walking) to improve your overall function and decrease pain.
- **Taping/strapping**  
To provide support/assistance to specific structures in the body e.g. ankle taping to provide support to an injured ankle. Taping also has proprioceptive benefits and can assist in return to sport.
- **Nerve gliding**  
We use nerve gliding techniques as a means to increase the mobility and decrease neural tension. This reduces the pressure and sensitivity on the nerve, therefore reducing nerve related pain.
- **Joint mobilisations**  
We use joint mobilisations to increase synovial fluid within the joint which helps to improve the range of motion and mobility.
- **Ultrasound therapy**  
Provides specific regenerating effects on structures in the body and can reduce inflammation in joints and tissue.
- **Exercise and stretches**  
We use exercise based rehabilitation to improve muscle strength/activation, improve stabilisation of joints, improve posture and correct joint biomechanics. Studies have shown that exercise can decrease the need for a surgical approach.