

SERVICES AVAILABLE AT:

> YOUR LOCAL < **BACK and SPORTS CLINIC**

CARNEGIE / EAST MALVERN

Physiotherapy

“Stay Well, Move Well”

- > Personal treatment of back & sports injuries
- > Musculoskeletal screenings
- > Video analysis of postural imbalances
- > Individualised exercise programs

Myotherapy

“Optimal Pain Free Movement”

- > Personal treatment of injuries
- > Assessment & treatment of soft tissue (muscle)
- > Assessment & treatment of joint dysfunction

Massage Therapy

- > Sports Massage
- > Remedial Massage
- > Relaxation Massage

Postural Screening

- > Assessing all muscle groups, posture & joint ranges
- > Detects any abnormal postural deviation

Pilates and Clinical Pilates

“Body Conditioning and Postural Alignment”

- > Tones & strengthens abdominal & muscles surrounding the spine
- > Relaxes tense neck and shoulders
- > Improves everyday posture

Fit Ball Core Stabilisation

- > Back health
- > Improved posture
- > Develop optimal core stability
- > Muscle balance
- > Mobility & flexibility

Foot Orthotics

- > To support & correct fallen arches
- > Improve overall body alignment & balance
- > Gait Training - To correct bad habits & maximise efficiency of walking

Personalised Fitness Programming

- > Tailored for rehabilitation & sports specific

PLEASE NOTE

Our services are now available at:

Sorrento Medical Centre

Telephone 03 5984 0037

166 Ocean Beach Road, Sorrento

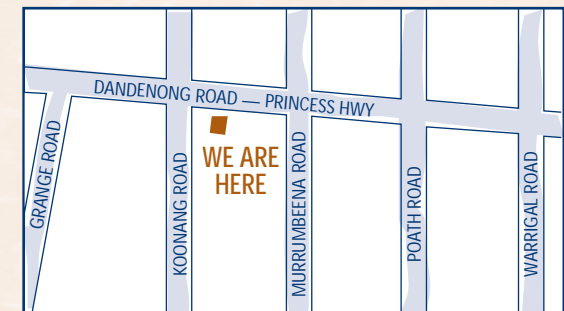
> YOUR LOCAL < **BACK & SPORTS CLINIC**

CARNEGIE/EAST MALVERN

Offers a full range of therapeutic services to assist with multiple problems, ranging from neck pain, back pain, sports injuries and ongoing rehabilitation.

Our professional staff includes; consultants to the Australian Institute of Sport, the Victorian Institute of Sport, the Professional Golfers Association, the Gippsland Academy of Sport, and Clinical Supervisors for physiotherapy students from La Trobe & Melbourne University . . .

LOCATION MAP



1100 Dandenong Road, Carnegie Tel: 03 9569 9448

THE BENEFITS TO YOU

- * Qualified, professional & friendly staff
- * Flexible hours (7am- 8pm)
- * Open Saturdays
- * Convenient location & easy parking