

Physiotherapy

Our Physiotherapists are all very accomplished in their own right. We also have a Chiropractor who has been with us for 3 years now, also accomplished in her own right.

See our ABC Team profiles for more info.

Physiotherapy is there for you to regain strength and use of your body's functions, whether it be a sporting injury, or an accident in your home, or post op surgical rehabilitation. Physiotherapists are there to help you regain your strength correctly and safely, with the help and guidance of your physiotherapist, you will know you are healing your body correctly, for the long term.

Here are just some of the physiotherapy areas we cover.

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Muscular repair Programmes

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Ligament and Tendon Tear Management

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Concussion Management

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At home Rehabilitation Management Programmes

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Deep Tissue Massage

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Pre and Post Op Management

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ACC Assistance

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Strapping / Compression

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Heat and Cool Management

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Exercise Techniques

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Strengthening Management

