





EXPERT, HANDS-ON PHYSIOTHERAPY, MASSAGE AND
PILATES TO GIVE YOU BACK YOUR HEALTHY, PAIN-FREE LIFE!



Are you suffering from
frustrating pain or injury?

Whether it's a recent problem,
or something you've been
living with for years, we can get
you back to enjoying the pain-
free, healthy life you've been
missing.



About Us

Wolli Creek Physiotherapy is a family owned practice, run by husband and wife physio team, Marcio Ferreira and Claudia Bem.

After years gaining vast experience and skills working in Australia and overseas (including Elite European soccer physiotherapy, aged care, paediatrics and safe exercise prescription), they opened Wolli Creek to fulfil their dream of creating a unique practice where they could:

- ▶ IMPROVE THE LIFE OF EVERY PATIENT THEY TREAT
- ▶ ASSIST THROUGHOUT THE WHOLE RECOVERY PROCESS
- ▶ HELP PEOPLE UNDERSTAND THEIR BODY AND BE HAPPY WITH IT
- ▶ BRING ELITE LEVEL PHYSIOTHERAPY TO EVERYONE.



Marcio Ferreira

Physiotherapist

Marcio studied physiotherapy in Australia and Portugal, where he worked in hospitals, providing physio treatment to patients with cardio-respiratory, musculoskeletal, neurological conditions.

He was also full time Sports Physiotherapist at Futebol Clube Madalena, tending to the aches, pains and injuries of 2nd division national championship soccer players.

For several years prior to opening Wolli Creek, Marcio was involved in private practice physiotherapy. He is also the very passionate physio of his beloved Fraser Park Football Association.

Claudia Bem

Pilates Instructor, Massage Therapist

Claudia's extensive studies include physiotherapy, aged care and Pilates in Australia, Portugal and the UK. For several years she worked as a full time physiotherapist in private practices, medical centres, day care and aged care centres, helping children, the elderly and people with special needs.

Having seen the important role exercise plays for injury prevention and rehabilitation, Claudia holds clinical Pilates sessions for physiotherapy clients and runs Pilates mat work group classes.

She gets enormous pleasure teaching and seeing people improve their health and gain confidence in their abilities.

Services

PHYSIOTHERAPIST CARE, MASSAGE TREATMENTS AND PILATES THAT DELIVER FAST RESULTS, FOR LIFE

Wolli Creek Physiotherapy and Pilates is here to provide you - and your body - with the best possible physiotherapist care, Pilates programs and massage treatments for your needs. If you're in pain, have suffered an injury - or are simply on a mission to get fitter, healthier and more out of life - we have the services, expertise (and friendly bedside manner!) to really help you, including:



PHYSIOTHERAPY CARE

Expert treatment for sports injuries, neck problems, back pain, joints, post-operative recovery, chronic pain and more.



CLINICAL AND GROUP PILATES

Personal programs to get you the best results for a fast recovery - and group exercise classes for everyone.



WORK-INJURY PHYSIOTHERAPY

For speedy recovery from injuries sustained at work due to falls, lifting, poor posture, whiplash and more.



MASSAGE TREATMENTS

Relax, unwind and recover. Claudia specialises in therapeutic massage treatments to heal muscular injuries and reduce stress.

Physiotherapy



SPECIALIST PHYSIOTHERAPIST CARE FOR CHRONIC PAIN, SPORTS INJURIES, BACK PAIN, POST-OPERATIVE INJURIES AND MORE

At Wolli Creek Physiotherapy, we offer you the most up-to-date, professional, caring hands-on physiotherapy treatments to:

- ▶ assess the real cause of your problem
- ▶ relieve your pain fast
- ▶ help you recover and heal quickly
- ▶ provide the expert support and advice you need
- ▶ get you back to living happily and healthily!

What type of pain or injury are you suffering from?

Your physiotherapist takes a very hands-on approach to your treatment. He only ever sees one patient at a time - so you know he'll never leave you stranded on a table while treating someone else.

- ▶ back, spine or neck pain
- ▶ muscle and nerve problems
- ▶ sports injuries, including sprains, strains and muscle tears
- ▶ lack of movement or strength
- ▶ chronic pain in older and young people
- ▶ traumatic injuries e.g. shoulder, knee, ankle
- ▶ ongoing headaches
- ▶ recovering from surgery
- ▶ recovery from broken bones
- ▶ whiplash and other vehicle injuries.

YOUR APPOINTMENT IS YOUR TIME ALONE

Your physiotherapist takes a very hands-on approach to your treatment. He only ever sees one patient at a time - so you know he'll never leave you stranded on a table while treating someone else.



What type of pain or injury are you suffering from?

We use a range of advanced manual therapy techniques to get results you can feel from your very first appointment. They're designed to relieve your pain, improve movement, speed up your recovery and build your fitness and strength. Your treatments may include:

- ▶ Myofascial release
- ▶ Muscle energy techniques
- ▶ Trigger point therapy
- ▶ Dry Needling

Depending on individual patient needs, we often combine physio with massage, clinical Pilates and other exercise programs to achieve the very best possible results.

Reap the benefits of science and experience

When treating you, we draw on vast experience working in local and international practices and hospitals. We also keep up-to-date with the world's latest, most effective physiotherapy techniques and research. It's expertise and knowledge that ensures you a faster, more effective recovery.



Pilates



WOLLI CREEK PILATES

Recovering from injury, or want to boost your fitness?

Claudia's Pilates and Physiotherapist expertise can provide you with some very unique and beneficial health experiences at our Wolli Creek Physiotherapy practice.

Clinical Pilates - for a stronger recovery

Clinical Pilates is a one-on-one specialist physiotherapy treatment program. Claudia uses carefully controlled movement and exercises adapted from traditional Pilates to treat individual patient injuries and problems, such as:

- ▶ neck and back pain
- ▶ chronic back pain
- ▶ hip pain
- ▶ shoulder and knee rehabilitation
- ▶ develop flexibility
- ▶ improve your posture and breathing
- ▶ increase your movement range
- ▶ stabilise your pelvis, spine, ribs and shoulders
- ▶ build up your strength.

It's an extremely effective way to:

- ▶ reduce your pain

HIGHLY QUALIFIED INSTRUCTION

Unlike almost any other physio in Australia, Claudia is an internationally qualified physiotherapist and Pilates instructor. So if you have a specific problem, or goal, she has the expertise to modify your exercises to give you the safest, and most beneficial, results.



CLINICAL PILATES TREATMENT AND GROUP PILATES CLASSES

Group Pilates for gentle exercise and fitness

If you're looking for a low impact, healthy way to exercise with likeminded locals, you'll love our small group Pilates classes.

These mat-based classes are suitable for people of all ages and fitness levels. They focus on strengthening and building your core and stabilising muscles, including the:

- ▶ lower back
- ▶ stomach
- ▶ hips
- ▶ spine.

They are also very beneficial for alignment, relieving spinal pain and reducing your chances of injury.



Work Rehabilitation



FOR A SPEEDY RECOVERY FROM WORK INJURIES AND RETURN TO WORK



Physiotherapist treatments for all work injuries

Want to be healthy enough to stay at work, or recover from injury and return to work as soon as possible?

If you've suffered a work-related injury of any kind, Wollie Creek Physiotherapy can help. We provide WorkCover Physiotherapy for people and businesses in Wollie Creek and surrounding areas.

Our patients have included people injured in the workplace due to:

- ▶ falling e.g. from heights, down stairs, tripping, twists and sprains
- ▶ lifting heavy objects
- ▶ poor posture e.g. sitting at desks, standing for long hours, etc
- ▶ repetitive mechanical stress e.g. working on computers
- ▶ whiplash and back pain e.g. vehicle accidents, etc
- ▶ many other causes.

Important:

No matter what sort of injury you might have, or how it happened, be sure to get checked by a doctor. Too many times unreported minor injuries at work turn into more serious or chronic ones.



Benefits to patients and employers

Naturally, our first goal is to ease your pain and help fix your injury as quickly and effectively as possible. We also want to do everything possible to prevent something similar happening to you, or other people, at work.

So along with specialist workplace injury physiotherapy we can also provide sound advice. Marcio is qualified to:

- ▶ assess, diagnose and treat your workplace injury
- ▶ help you understand what happened (if it's not an obvious cause)
- ▶ give you exercises, stretches and knowledge to prevent further injury
- ▶ do ergonomic, work-place and return-to-work assessments

We're registered with Work Cover

Your work-related injury may be covered by insurance. To see if you are eligible, you'll need to:

- ▶ report your injury to your employer
- ▶ complete the appropriate paper work they give you
- ▶ get a WorkCover certificate from your doctor and a referral for physiotherapy.

Then, we can even invoice your employer's insurance company directly.

Massage



TREATMENTS DESIGNED TO RELIEVE YOUR PAIN, RELAX YOUR BODY AND HELP YOU RECOVER FROM INJURY



At Wolli Creek Physiotherapy, our therapeutic massage treatments can quickly provide some great health benefits for your body and mind, such as:

- ▶ relieving muscle soreness, tension and stiffness
- ▶ soft tissue injuries
- ▶ helping you relax
- ▶ speeding up recovery time from exercise and injury
- ▶ reducing stress and anxiety.

They're incredibly effective on their own, as part of physiotherapy treatment, or to help prevent injuries from happening and reoccurring.

Who is our massage therapy for?

Claudia is a highly qualified and experienced massage therapist, who knows how to move you from pain to pleasure in a single session.

With a health and physio background, her therapeutic massages benefit people with all sorts of needs, such as:

- ▶ casual exercisers and sports lovers
- ▶ elite athletes
- ▶ pains, strains and aches sufferers
- ▶ post-surgery injury sufferers
- ▶ people with long-standing injuries and illnesses
- ▶ anyone feeling tired, stiff and sore

When are massages available?

You can book therapeutic massage at our Wolli Creek practice:

- Monday - Saturday 9am to 7pm
- Appointment lengths - 30 or 60 minutes





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