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LOGO

PHYSIO PHYSIO PHYSIO
PICTURE PICTURE PICTURE

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Louise Fowler

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Belinda Porter

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Verity Crook

FAMILY PHYSIO

Balance Physio is a family business that combines the highest caliber of health professionals with a genuine commitment to supporting our community. Sincere and genuine care for our patients is valued before anything else in our clinic and we pride ourselves on making you feel comfortable.

2/223 The Parade Norwood
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TREATMENT ROOM PICTURE

Physiotherapy

Our experienced Physiotherapists can provide treatment for any type of musculoskeletal problem in a one stop shop, with no referral required. We can assess and help you manage acute injuries, give advice on management and see you through longer rehabilitation whether for injury, weakness or neurological problems such as stroke.

Conditions we manage include;

- Back pain
- Headache
- Shoulder and neck tension
- Core weakness
- Acute injuries such as sprains
- Hip pain
- Tennis or golfers elbow
- Shoulder rotator cuff
- Muscle tightness

We have years of experience and are able to work with you to find the most effective treatment method. Our treatments include; joint mobilisation, remedial massage, dry needling, clinical pilates, stretching, exercise, taping and electrotherapy.

Massage Therapy

Massage is a popular form of treatment for a multitude of physical problems. Our massage is performed by our physiotherapists. Whilst similar to a trigger point or remedial massage it is uniquely different. Our vast knowledge of anatomy, biomechanics and muscle imbalances enables us to target your problem areas effectively. We can also advise you of further steps you can take to assist the management of your condition and your recovery.

Conditions we commonly manage include:

- Fibro Myalgia
- Tension Headaches
- Hip Bursitis
- Shoulder Rotator cuff pain
- Back pain
- Calf and foot pain

Dry Needling

At Balance Physio we use dry needling to treat tight, painful areas in muscles known as myofascial trigger points. These areas of muscle often refer pain away into other regions of the body. Treatment involves insertion of fine, sterile needles which are the same as those used in acupuncture. The result is a relaxed muscle which can be massaged and stretched more easily and with a great deal less pain.

Conditions we commonly manage include:

- neck and middle back tension
- lower back and hip tightness
- calf tightness and foot pain
- headaches and neck pain
- tennis elbow
- shoulder pain