

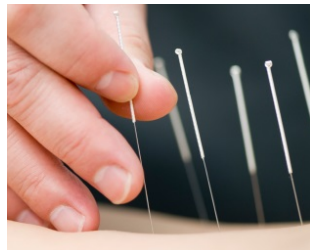
# Who are we?



At **ACTIVE MOTION** we are dedicated to providing the highest quality, conservative treatment options. In the management of *sports injuries and back pain* we provide strategies include *injury prevention* and *biomechanical corrections* to optimise performance drestore pain restore pain-free participation in daily activities and sports, without unnecessary or prolonged care

# How we do it?

Our physiotherapists integrate the latest and most proven **exercise & sports science** and **hands-on** therapies to treat musculoskeletal injuries. Our treatments are always tailored to a broad range of patients, including those recovering from acute sports injury, those managing complex chronic conditions and those seeking improved physical performance.



acupuncture



kinesiology taping

## COMMON CONDITIONS

### SPINAL CONDITIONS

- Disc protrusion (Slipped disc)
- Scoliosis
- Nerve impingement
- Neck & Back Pain & Headaches

### SPORTS INJURIES

- Post- surgical rehab
- Overuse injuries
- Acute ligaments sprain/muscle tear
- Rotator cuff injuries
- Sports related back pain

### RUNNING & DANCE INJURIES

- Shin splints
- Hip, Knee & Foot injuries
- Muscle strain
- Achilles tendonopathy
- Rotator cuff tendonosis



precision spinal mobilisation

## Suffering from Back & Neck pain?

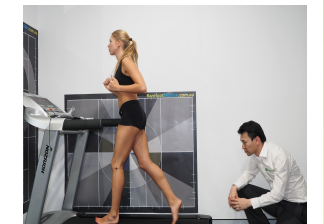
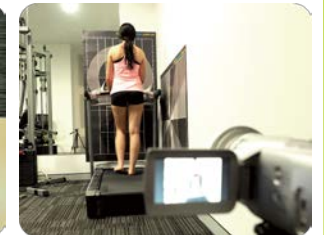
Is your pain longer time three months... do you get only a temporary relief from the treatment you are getting? If so your pain may well be becoming **chronic**. Clinica researches suggest that manual therapy including spinal manipulation alone produce a is At ACTIVE motion we pride ourselves in ...we have a **comprehensive back pain program**, **posture and functional assessments** and treatment of acute and lower back and neck pain. POur goal is to help each patient achieve wellbeing and optimal health through personalised, quality care.



## Comprehensive Back Pain Program



With additional specialties in **dance, running injuries**. Gait Analysis, training



At **ACTIVE MOTION** you will get more than just treatments. We recognise that people have different goals and expectations in life so do they have for their treatments. Whatever your goals are, we ensure that you are educated in every possible way to reduce the timeframe of the recovery. You will be educated on the Do's and Don'ts and the management strategies to make your problems get better more quickly.

## COMMON CONDITIONS

### SPINAL CONDITIONS

- Back / neck pain, headaches
- Disc bulge / protrusion
- Unstable pelvis or spine
- Nerve impingement

### SPORTS INJURIES

- ACL rehab
- Post-op rehab (ACL / meniscal knee recon, shoulder recon)
- Muscle strain / tear
- Rotator cuff
- Sports related back pain

### RSI (REPETITIVE STRAIN INJURIES)

- Tennis elbow (lateral epicondylagia)
- Muscle strain
- Achilles tendonosis
- Rotator cuff tendonosis



## TREATMENT

Along with an accurate diagnosis, effective treatments also require choosing the right treatment techniques. And providing a range of treatment choices is paramount in treating different conditions. As there is no magic tablet for all conditions, neither is there a treatment technique for everybody. At Active Motion our physiotherapists adopt a range of treatment techniques via continuing professional development and education to ensure we get the patients the best treatment outcomes.



### 1. ACUPUNCTURE / DRY-NEEDLING

- Reduces pain and swelling
- Improves healing
- Alter muscle tension and states

### 2. MANUAL THERAPY AND SPINAL MANIPULATION

- Muscle energy technique
- Mckenzie's method
- Mulligan's techniques

### 3. TAPING / STRAPPING: SPORTS TAPING, KINESIOLOGY TAPING

- To enable the earlier return to functions, sport and work.
- To stabilise joints and reduce pain and swelling

### 4. CUSTOMISED ORTHOTICS

- Correct loading and pain on your foot, knee, hips and back
- Posture/running/walking correction by using manual therapy, manipulation, stabilisation exercise and orthotists

### 5. ELECTRICAL THERAPY: ULTRASOUND, LASER, TRACTION, ELECTRICAL STIMULATION

- Treatments/management of acute pain

### 6. CASTING AND SPLINTING

- Post fracture and high grade ligaments sprain
- Post operative support

### 7. PELVIC FLOOR / INCONTINENCE TRAINING

- Using real-time ultrasound device

### 8. ONE ON ONE PILATES EXERCISE

- Pelvic floor / core stability training with real time ultrasound

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