

# PHYSIO4ALL

revitalise – bounce – be healthy

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## Physiotherapy & Clinical Pilates Services



Shop P16 NorthPoint  
100 Miller Street  
North Sydney  
NSW 2060

Ph: 9922 2212

Fax: 9922 5577

[info@physio4all.com.au](mailto:info@physio4all.com.au)

[www.physio4all.com.au](http://www.physio4all.com.au)

## Why choose PHYSIO4ALL?

- ✓ Individual attention
- ✓ Thorough Assessment and Treatment
- ✓ Accurate Diagnosis
- ✓ Specifically Tailored Programs
- ✓ Internationally Experienced Physiotherapists
- ✓ Dynamic and results driven team
- ✓ Evidence-based Techniques
- ✓ Exciting range of services
- ✓ State of the art Clinical Pilates Studio
- ✓ Cost effective Exercise Classes
- ✓ Comprehensive range of products
- ✓ Easy-to-follow educational hand-outs
- ✓ Friendly and Helpful Staff
- ✓ Times to suit your schedule
- ✓ Convenient Location
- ✓ Excellent Value for money
- ✓ Easy and Affordable payment options
- ✓ On-the-spot Health Fund rebates apply
- ✓ HICAPS available\*
- ✓ Money back guarantee\*\*

\*Rebate amount and final cost of each class depends on the level of your health fund cover.

\*\*If you're not happy with your class, tell us within 7 days, and we'll give you your money back and the next session free!!



# PHYSIO4ALL's Services

✓ Spinal Physiotherapy



✓ Sports Physiotherapy



✓ Clinical Pilates



✓ Exercise Classes



✓ Woman's Health Physiotherapy



✓ Massage



✓ Acupuncture



✓ Whole Body Vibration



✓ Corporate Programs



✓ Wide range of products



## Benefits - What you will achieve:



- ✓ Alleviate pain
- ✓ Enhance health through motion and exercise
- ✓ Evidence based treatment
- ✓ Evidence based management of injuries
- ✓ Injury prevention
- ✓ Prescription of self management techniques
- ✓ Easy to follow take home exercises
- ✓ Improve posture and body awareness
- ✓ Improve muscle flexibility and joint mobility
- ✓ Improve overall body function and wellbeing
- ✓ Improve your core strength
- ✓ Reduce stress levels
- ✓ Sense of empowerment and self fulfillment
- ✓ Variety of different programs and exercise regimes



# Clinical Pilates

## Why choose PHYSIO4ALL Clinical Pilates?

- ✓ Prevent Injury
- ✓ Injury rehabilitation
- ✓ Improve Core stability
- ✓ Improve Posture & Flexibility
- ✓ Personalised programs
- ✓ Individual attention
- ✓ Extensive use of Pilates Machines
- ✓ Run by Pilates Trained Physiotherapists
- ✓ Times to suit your schedule
- ✓ Small groups
- ✓ Rewards Program\*
- ✓ Health Fund Rebates apply\*
- ✓ HICAPS on site

**\*Speak to us about our Pilates Rewards Program<sup>©</sup> where you receive every 10<sup>th</sup> session FREE!**



## Benefits – what YOU will achieve:

- ✓ Improve general health and well-being
- ✓ Improve your posture and body awareness
- ✓ Relieve chronic pain
- ✓ Learn how to prevent injury
- ✓ Improve your range of motion
- ✓ Increase your movement efficiency
- ✓ Maximise your general strength
- ✓ Increase energy levels

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## Staff

All our physiotherapists are highly qualified and have many years of experience in managing and treating musculoskeletal conditions and injuries. All our physiotherapists are Clinical Pilates instructors.

## Further Information

If you require any further information or would like to make an appointment, do not hesitate to contact any of the PHYSIO4ALL staff.



## Practice Hours:

**Mon – Fri 7.30am – 5.30pm**  
**Saturday by appointment**

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## Contact Details:

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