



Hi

Thank you for booking an appointment with PhysioFit.

You indicated that this will be for a CTP (car accident injury).

Please ensure that you bring:

- Any relevant X-rays
- A copy of your referral from your Dr
- Contact details of your insurance company
- Contact details of your claims manager
- Your claim number

(if you don't have this please don't worry we can still see you for the initial assessment but you will be required to pay \$80).

Following the initial assessment we will send an AHRR to your insurance company and once approval has been received we can see you and bill these sessions to the insurance company. Should you require Physiotherapy before approval this, it can be arranged and you can continue to pay for these sessions and claim the fee back from the insurance company.

We have a cancellation policy so please call and let us know if you can't make it at least 4 hrs before the appoint so you won't incur the \$25 fee- we need these appoints to help as many people as possible.

The team are keen to get you on your health care journey!

If you have any questions please don't hesitate to contact us on:

Moorebank – 9822 5751

Wattle Grove – 9731 0666

Carnes Hill – 9608 2336

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## OUR LOCATIONS:

### Moorebank

1 Stockton  
Avenue,  
Moorebank 2170

### Wattle Grove

3 Mubo Crescent,  
Holsworthy 2173

### Carnes Hill

Cnr Kurrajong &  
Cowpature rd.,  
Horningssea Park,  
2171

## OUR SERVICES:

### Physiotherapy

Physiotherapy can help with sporting injuries, work-related injuries, exercise prescription, pre and post operation rehabilitation, casting and splints, women's health and headache management.

### Paediatric Physiotherapy

Pediatric physiotherapy aims to improve and optimize your child's motor development. Our physiotherapist are able to determine if your child (aged 0-18 years) has development delay and has not met their physical milestones

### Hydrotherapy

Hydrotherapy can assist in the rehabilitation of various musculoskeletal injuries and also a key component of post-surgery rehabilitation.

Hydrotherapy is held at  
**Whitlam Leisure Centre**  
every **Monday and**  
**Thursday 1:00-1.45pm.**

### Clinical Pilates

Clinical Pilates is offered at our Moorebank clinic. Pilates can strengthen all areas of the body, particularly the lower back. Each Pilates program is individualized to suit your area of concern.