



Hi,

Thank you for booking an appointment with PhysioFit. Please ensure that you arrive on time (if possible 10 mins early) and bring any relevant X-rays and your referral (if you have one).

We have a cancelation 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

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.

OUR LOCATIONS:

Moorebank

1 Stockton Avenue,
Moorebank 2170

Wattle Grove

3 Mubo Crescent,
Holsworthy 2173

Carnes Hill

Cnr Kurrajong &
Cowpature rd.,
Horningsea Park,
2171