

TREATMENT PROCESS



We get to know you personally and we are here to help



We do a thorough assessment to identify your problem and history



We treat the cause of the problem and the symptoms



We provide you with a comprehensive treatment plan



Our treatment and practice is evidence-based



We provide education throughout the treatment process



We care about your health and wellbeing



ABN 6262 8048 135

FOR YOUR NEXT APPOINTMENT



CALL **0430 351 253** OR EMAIL

ADMIN@HELPINGHANDSPHYSIO.COM.AU

BALCATTWA 6021

**THE TREATMENT YOU NEED,
THE CARE YOU DESERVE**

ABOUT US

Our in-house clinic is located in Balcatta. We are also a mobile service, covering Perth's Northern and Southern suburbs within 55kms radius from Perth CBD area. We provide comprehensive physiotherapy assessments and treatments for patients requiring a physiotherapist to be seen in the comfort and privacy of their own home.

Our highly-trained and experienced Physiotherapists are committed to giving you the best outcomes to resolve your problem. We are experts at injury diagnosis and specialise in neck and back injuries, sports injuries and other joint and muscle problems.

We provide high level of physiotherapy services and care to you to help you to achieve your goals. We are a caring team and are absolutely dedicated to improve your health and wellbeing.

We care for all clients, such as . .

- Workers' Compensation
- Motor Vehicle Accident
- Private & DVA patients
- Enhanced Primary Care (EPC) patients
- Home Care Packages

WHAT WE TREAT?



Headaches
Neck
Shoulder
Vertigo



Hip bursitis
Sciatica



Ankle sprains
Plantar fasciitis



Back pain
Posture &
Movement
correction



Knee injury



Pre-natal &
Post-natal
exercises

MORE SERVICES

- Falls prevention classes
- Weight loss management
- Rehabilitation
- Ergonomics education and advice
- Chest physiotherapy
- Back education
- Chronic pain management

FALLS PREVENTION



- Are you unsteady on your feet
- Do your legs feel weak
- Have you had a fall recently
- Do you want to remain independent as long as possible

FALLS ARE PREVENTABLE

You are a whole person, not just muscles and ligaments. You will work at your own pace so you can rest assured..

WE CAN HELP YOU BY...

- Assessing your home for risk factors
- Strengthening your legs
- Improving your balance

THE PROGRAM IS...

- An 8-week program
- 45-60 minutes per session
- Involves strengthening and balancing exercises

