

Physiotherapy

What do Physiotherapists do?

Physiotherapists give advice and treat people with physical problems which can come from injury, disease, illness and ageing.

We want to improve your life by working with you to:

- Strengthen your muscles
- Improve your balance
- Decrease your pain
- Help your joint movement and flexibility
- Help your walking and other activities

We will work with you one-on-one to see what you need and to make a plan to help you reach your goals.

We may want you to join a group exercise class and/or give you exercises to do at home.



Most sessions happen at Sunbury Community Health.



Call 9744 4455 for more information.

