

Physiotherapy

Physiotherapy
at Gen Health is more
than manual treatment.

Our Physiotherapy team has extensive experience and the latest up to date evidence to treat both acute and chronic injuries, disability and pain.

The Physiotherapy team at Gen Health can help with a range of musculoskeletal conditions using a goal based focus.

We take the time to fully assess your injuries and biomechanics to optimise your treatment.

We strive to educate each individual about their injury/complaint and create individual care plans to collaboratively achieve your personal goals.

Our treatment techniques range from manual therapy including massage, trigger point therapy, joint mobilisation and dry needling to posture correction, work place assessments and of course, Clinical Reformer Therapy.

Regardless of the technique, our main aim is to facilitate and optimise your full return to function, sport and a pain free life.



Our Physiotherapy services include:

Sports injuries

Back pain

Headaches

Vertigo and dizziness

All musculoskeletal pain

Orthopaedic rehabilitation

Pelvic Health

(pelvic floor dysfunction,
continence and pregnancy)

Functional workplace assessment

Paediatric

Concussion Management

TMJ (Jaw dysfunction)

Hand Therapy



genhealth



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