



Core Physiotherapy and Pilates Studios have over 30 highly skilled Physiotherapists working in our Clinics across metropolitan Adelaide. All our practice locations provide a full complement of services to ensure clients have the widest range of treatment choices. This gives our team the ability to help people get better in the shortest possible time as well as helping clients prevent further injury.

THE CORE PHYSIO AND PILATES DIFFERENCE

Our team takes an ethical and considered approach to the way we treat our clients, how we operate as a business and our interactions as a member of the local community.

We recognize each client as an individual, deserving a service that meets their unique aims and needs. By putting our clients needs first we achieve the best outcome in returning them back to full physical health.

We do this by following our core principles:

- ① 30 to 40 minute initial consultations
- ② 20 to 30 minute follow up appointments
- ③ A focus on Hands-on-Therapy
- ④ Educating clients on their problem and how they can help fix it
- ⑤ Providing a wide range of services to meet all needs
- ⑥ Being up to date with our knowledge and skills
- ⑦ Respecting our clients privacy and level of comfort



**HANDS ON THERAPY • MOBILISATION/MANIPULATION
MASSAGE • PILATES EXERCISE STUDIO • HYDROTHERAPY
FUNCTIONAL CAPACITY ASSESSMENTS
WORK & SPORTS INJURIES REHABILITATION**

Aberfoyle Park

Suite 4,
The Hub Professional Centre
Christie Way, Aberfoyle Pk
SA 5159
p: 8358 6500

Adelaide CBD

Level 3, 55 Gawler Place
Adelaide SA 5000
p: 8211 8855

Beverley

Suite 2, 131-133 Grange Rd
Beverley SA 5009
p: 8346 3444

Burnside

Suite 10, 539 Greenhill Rd
Hazelwood Park SA 5066
p: 8331 8673

Christies Beach

50 Beach Road
Christies Beach SA 5165
p: 8186 2277

Hampstead Gardens

237 Hampstead Road
Northfield SA 5085
p: 7009 4422

Holden Hill

586 North East Rd
Holden Hill SA 5088
p: 8266 7333

Marion

153 Sturt Rd
Dover Gardens
SA 5048
p: 8377 1000

Melrose Park

166 Daws Road
Melrose Park SA 5039
p: 8277 6258

Morphett Vale

188 Main South Road
Morphett Vale
SA 5162
p: 8382 1180

Plympton

Suite 3, 267 Marion Rd
Marleston
SA 5033
p: 8297 7922



www.corephysio.com.au



CLINIC INFORMATION

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MASSAGE • PILATES EXERCISE STUDIO • HYDROTHERAPY**





HANDS ON PHYSIOTHERAPY

We aim to find the most effective way of relieving your pain and symptoms utilizing manual therapy techniques that restore normal movement and allow the healing process to progress.

These techniques include:

- Joint mobilization / manipulation
- Deep soft tissue massage
- Trigger point therapy
- Dry needling / anatomical acupuncture
- Myofascial stretching

REAL TIME ULTRASOUND IMAGING

It is advisable to have the function of your deep abdominal muscles assessed using Real Time Ultrasound Imaging (RTUI) prior to commencing a Pilates program. RTUI can detect impairment in the core muscles and be further used to retrain them. This sets a strong foundation for focusing on core stability in a Pilates program.

Contact us at CORE PHYSIOTHERAPY & PILATES STUDIO
www.corephysio.com.au

PILATES EXERCISE SYSTEM

Pilates is a unique method of exercise developed in the 1920s originally as a body conditioning program for injury prevention and rehabilitation of dancers. More recently Pilates has been combined with new muscle retraining techniques to aid in rehabilitation of the general population.

Each of our clinics has a fully equipped Pilates studio offering both private and group classes. Programs are individually designed and focus on correcting the specific physical limitations of each client.

See our Pilates brochure and timetable for more information.



HYDROTHERAPY

Following a clinical assessment appropriate clients undertake individual hydrotherapy sessions followed by supervised group classes. This incorporates general fitness, joint mobilization, trunk stabilization, balance, coordination and strengthening.

The warmth of water promotes muscle relaxation and pain relief and the buoyancy may be used to assist or resist joint movements as well as minimizing compressive forces of gravity.

COMMONLY TREATED CONDITIONS:

- Lower back pain
- Neck pain
- Headaches
- Muscle strains and soft tissue injuries
- Pre and post natal complaints
- Postural pain in kids
- Shoulder and elbow injuries
- Sports injuries and rehabilitation
- Work and motor vehicle injuries



HOW TO BOOK

The phone number of your nearest practice is outlined on the back. Simply call up and speak to one of our friendly receptionists and they will be happy to book you in.

Your first appointment will be longer than follow up appointments as it will give your therapist time to assess you and formulate their treatment plan.

PREFERRED PROVIDERS

Many of our clinics are affiliated as preferred providers with Health Insurers such as Bupa, Health Partners and Medibank Private. Check our affiliations by contacting your closest practice location.

HICAPS

Easy payment on the day is available via the Hicaps electronic claiming system as well as eftpos and credit card facilities.

PATIENTS ACCEPTED

- All health funds accepted
- Work injuries
- Motor vehicle accident rehabilitation
- Veterans Affairs
- Medicare EPC clients
- Concession discounts available