

Conditions Treated:

- Back or neck pain
- Sciatica
- Tendinitis
- Muscle sprain
- Tennis elbow
- Postural dysfunction
- Sporting injury
- Work injury
- Joint pain
- Osteoarthritis
- Orthopaedic surgery
- Chronic pain

Treatments Include:

- Spinal mobilisation and manipulation
- Peripheral joint mobilisation and manipulation
- Deep tissue, sports and therapeutic massage
- Muscle and tendon stretching
- Trigger point release
- Dry needling
- Electrotherapy
- Taping/bracing
- Postural analysis
- Core strength techniques and exercises
- Exercise prescription
- Lifestyle advice
- Training programs for sport



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