



PHYSIOTHERAPY

Our Physiotherapists apply scientific knowledge and clinical reasoning to assess and manage your individual function. We specialise in providing services to develop, maintain and optimise your physical health by using the principles of promotion, prevention, treatment and rehabilitation – all while factoring in aspects of your physical, psychological, emotional and social well-being.

How we can help you

Our Physiotherapists are experienced in helping you to optimise your functional potential. They can help you with concerns that might form part of your health experience, such as:

- Pain recovery and pain management
- Rehabilitation after an accident or medical condition
- Injury management
- Improve movement and physical function
- Maintain or improve your flexibility
- Improve your participation in home and community life
- Physical function for return to work, play sport and exercise.

Working with you and taking the time to get to know you, enables us to develop personalised and detailed plans that support you to reach your goals.



Experience the Spinal Life difference

Our Physiotherapists are highly trained, enabling them to help you with your disability or injury. We pride ourselves on listening to your needs and helping you to improve your quality of life.

Where do we offer Physiotherapy?



Our clinics

located in Brisbane
and Cairns



Telehealth*



At your home

Brisbane area only

We provide this service to anyone over the age of 18 with spinal cord damage or other physical disabilities.

** not all physiotherapy programs can be carried via Telehealth.*

Talk to us today!
spinal.com.au | 1300 774 625



 **Spinal Life**
AUSTRALIA