

Our Approach

Thorough Assessment and Treatment of Musculoskeletal Disorders with bias towards Manual Techniques, Exercise and Education.

Our Services

Physiotherapy Services

- Sports and Spinal Injury Management
- Orthopaedic Rehabilitation
- Therapeutic Massage
- Clinical Pilates by Qualified Therapists
- Balance Assessment and Falls Prevention Programs
- Incontinence Management
- Prenatal and Postnatal Physiotherapy
- Home and Hospital Visits

Exercise

- Individual or Group Pilates programs
- Individual Gym / Home Exercise Programs
- Falls Prevention Programs
- Balance Classes

Return to Work Services

- Worksite visits
- Job Analysis
- Work Station Assessment
- Activity of Daily Living Assessment
- Lifting Assessments
- Manual Handling Education

Burnside Physiotherapy

Focusing
on Injury
Prevention
and
General
Wellbeing



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Burnside Physiotherapy

What we Offer

- Musculoskeletal Assessment and Treatment
- Manipulative Physiotherapy
- Sports Injury Management
- Orthopaedic Rehabilitation
- Therapeutic Massage
- Dry Needling
- Pilates (Individual or Group Classes)
- Aged Care
- Balance Assessments
- Falls Prevention Classes
- Pre and Post Natal Treatment
- Workplace Assessments, Worksite Visits & Workstation Assessments
- Nutritional Medicine for Musculoskeletal Conditions
- Home visits
- Physiotherapy Services within Hospitals
- Physiotherapy Services within Aged Care Facilities
- Gift Vouchers



Manipulative Physiotherapy and Therapeutic Massage



Burnside Physiotherapy



Pilates individual or group classes

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About Us

- Burnside Physiotherapy offers a dedicated team of experienced Physiotherapists, Massage Therapists, qualified Pilates Instructors and certified Dry Needling Practitioners. We are passionate about what we do and aim to restore optimal function as soon as possible.
- Our appointment time is 50% longer than average, to enable us to thoroughly assess and treat a problem considering all of the possible contributing sources of the condition, and treatment options.
- We have a preventative approach towards the management of our clients' problems to minimise recurrence of the injury. We can provide extensive advice regarding nutritional medicine that supports musculoskeletal conditions and general well being.
- We have a team of highly qualified Masters Physiotherapists and Practitioners with over 80 years of experience and provide a "second opinion" service to resolve complex cases and maximise patient outcomes.
- We offer After Hours and Sat. a.m. appointments and we will perform Home Visits or Hospital Visits if you are unable to travel.