

Our commitment to you

1

Personalised, professional care with experienced physiotherapists.

2

High quality assessment, diagnosis & treatment—tailored to *YOUR* needs.

We are invested in your long-term health, not just a “quick fix”!

We can identify potential areas of risk; improve your muscle control, flexibility & strength to prevent injuries in the first place; and give you the ongoing support & professional advice to keep you fit, healthy & active throughout life!

3

Friendly, caring environment with specialised equipment to maximise your rehabilitation, recovery, sports performance & general well-being.

*We can help you...
“Move Well, Stay well”
...for life!*

Our services to benefit you

- ♦ Injury Rehab & Prevention
- ♦ Lifestyle management & health optimization
- ♦ Back & neck pain, headaches
- ♦ Sports care & professional Performance enhancement
- ♦ Workplace & Vehicle injuries
- ♦ Occupational health
- ♦ JobFit™ – work screenings & function assessments
- ♦ Surgery & Orthopaedic Rehabilitation
- ♦ Personalised exercise & gym programs, custom equipment
- ♦ Equestrian Sports & Rehab, Posture & Performance
- ♦ Clinical Pilates studio
- ♦ HyperVibe® programs for whole body vibration
- ♦ Dry Needling
- ♦ Paediatric physiotherapy:

therapy4kids
mobile physiotherapy service



Ascent Physiotherapy
SPORTS & LIFESTYLE CLINIC

Majura Park Medical Centre
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Ascent
Physiotherapy
SPORTS & LIFESTYLE CLINIC



Phone: **6262 9442**

*Hands-on, experienced
customised care
to keep you **ACTIVE**
every day, for life.*

YOU DESERVE TO ACHIEVE THE HEIGHT OF YOUR HEALTH!

Our Team

Physiotherapists:

Louise Steinman—Director

Sports & Animal Physiotherapist

Hallie Butcher

Ray Ellett

James Miller

Naomi Lang

Administration:

Bridget Agerbeek

Kylee Hjorth

Myf Clark

HOW TO FIND US:

*We are located inside the
Majura Park Medical Centre,
in-between Costco & Trade Secret.*



What we do:

We use a hands-on, manual therapy & exercise based approach to treat all injuries (including sports & work injuries) as well as regular aches & pains, or those little things that stop you doing what you love to do.

Our goal is your full functional recovery: to prevent injuries recurring & also to restore your normal movement & function for the long term. We can show you how to maximise your movement, flexibility, strength & posture to enable you to reach the full height of your health - no matter your age or abilities.



We offer effective solutions for:

- ◆ Sports & work injuries
- ◆ Back pain & sciatica
- ◆ Neck pain & headaches
- ◆ Correction of postural problems & discomfort
- ◆ Sports care, injury prevention & performance enhancement
- ◆ Arthritis, movement disorders, balance & strength problems, osteoporosis, & falls prevention
- ◆ Post-surgery management & rehabilitation
- ◆ Equestrian sports—for the harmony of both horse & rider

