



**SMART MOTION PHYSIOTHERAPY**  
is a Musculoskeletal and Sports  
Physiotherapy practice located in the  
Aurora Building in the Adelaide CBD.

**What to expect from your visit:**

- ④ Comprehensive assessment, diagnosis and explanation of your problem (45-60min initial assessments, 30-45min follow up appointments)
- ④ Effective manual therapy, exercise and education based on the latest evidence and tailored to your individual needs
- ④ A plan and time frame for achieving your goals
- ④ Encouragement, motivation and support

**Matt Belton**

APA Musculoskeletal &  
Sports Physiotherapist

B. Physio, M. Musc & Sports Physio

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Treatments may include joint, nerve and soft tissue mobilisation, massage, exercise prescription and progression (movement control, strengthening, balance and stretching/mobility exercises), taping, and therapeutic education.

Guidance will be provided on how to gradually increase your chosen physical activity or return to sport.



**Matt Belton** is a titled member of the Australian Physiotherapy Association's (APA) Musculoskeletal and Sports Physiotherapy groups and is a member of the committee for the APA Sports Physiotherapy group in South Australia.

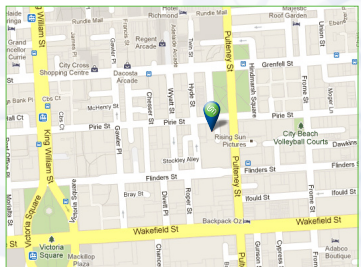
### Physiotherapy Special Interests

- **Musculoskeletal** – Foot and Ankle, Hip/Groin/Lower Limb, Spinal, Jaw (Temporomandibular joint - TMJ), Neck Pain/Headache, Chronic Pain and Neuroscience
- **Sports** – Running, Cycling, Football
- **Health Management Advice**

### Find us on



AUSTRALIAN  
PHYSIOTHERAPY  
ASSOCIATION  
Member



[smartmotion.com.au](http://smartmotion.com.au)

### Smart Motion Physiotherapy Consulting Hours

MONDAY 8am to 6:30pm  
WEDNESDAY 8am to 6:30pm  
FRIDAY 8am to 6:30pm  
CALL US ON: (08) 7071 1093

If we are unable to take your call, please leave a message and we will return your call as soon as possible.