

Your local healthcare experts

www.advantagehealth.net.au



“We want to help you to get better and we want you to stay well.”

Tim Ling, Director

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Enjoy all the advantages of good health

- | | |
|---------------------|--------------------|
| PHYSIOTHERAPY | WHY WEIGHT |
| CLINICAL PILATES | WOMEN'S HEALTH |
| CLINICAL MASSAGE | OSTEOPOROSIS CLASS |
| EXERCISE PHYSIOLOGY | DIABETIC SERVICES |
| ACUPUNCTURE | ERGONOMIC PHYSIO |
| DIETITIAN | WORKSITE PHYSIO |



At Advantage Healthcare, our team of allied health professionals care about each and every aspect of your health and well being.

When you attend, we will:

- Identify your unique health care issues.
- Treat those health issues in a timely and understanding manner.
- Educate you about the best ways to stay healthy so you can be in control of your health.
- Support and assist you to achieve your health goals.

There is no big secret to good health. We provide solutions that are practical, proven, and easily applied to your busy modern lifestyle. Your health is our one and only priority. That is why we offer you longer-than-average consultations, so you have more time to make the most out of each appointment. Furthermore, you don't need a doctor's referral to see us – simply contact us and make a convenient appointment at a time that best suits you.

As a locally owned, family operated business, our mission is to provide you with truly exceptional health care. We can provide you with the Advantage treatment across the following services:

- Physiotherapy
 - Sports and Spinal Specialty
 - Hands on approach
- Clinical Pilates
 - Core workout and flexibility
 - Spinal Rehab Specialty
 - Pregnancy Specialty
- Clinical Massage
 - Remedial
 - Sports/Deep Tissue
 - Relaxation
 - Cupping
- Exercise physiology
 - Exercise for the treatment of: Diabetes, Heart Disease, Obesity, Osteoporosis, Lung Disease.
 - Support and advice to achieve your health goals.
- Acupuncture and Dry Needling
 - Included in most Physio consults.
 - Western Acupuncture and Trigger Point Needling

- Dietetics
 - For all diet related conditions
 - Ante-natal, fertility & gastro-intestinal
- Weight loss Program
 - Achieve a healthy weight and maintain it. Diet free weight loss.
- Women's Health
 - Continence
 - Antenatal
- Diabetic Education
 - One-on-one consultations
 - Group Education Sessions
- Osteoporosis care
 - Falls prevention classes
 - Nutritional consultations
- Ergonomic Physiotherapy
 - Workstation assessments
 - Ergonomic lectures
- Worksite Physiotherapy
 - Worksite Assessments
 - Injury prevention lectures
 - Worksite setup consultations



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