

physio&fitness

the sports & workplace injury centre

GLADSTONE

96 Glenlyon St,
Gladstone Qld 4680

Health Services

Mon-Fri: 7am-7pm

Rehab Gym

Mon-Fri: 5:30am-7:30pm

Sat: 6:30am-12pm

Phone: 07 4972 3244

admin@physioandfitness.com.au

Fax: 07 4972 3246



If you're unsatisfied in any way with our level of service we will refund your money in full and offer you your next appointment at no charge

f Physio & Fitness

facebook



Referral Rewards Program

we reward our loyal customers who refer their friends and family to us with a free gift. This is our little way of saying Thank You.

We now have an online shop!

<http://physioandfitness.com.au/shop>

Jump online and see what we have available for all things Physio & Fitness.

REVOLUTIONARY NEW TREATMENT
for tendonitis and calcification / spurs

Shockwave Therapy

Have you had a recent injury or surgery? Is swelling and pain slowing your healing time?

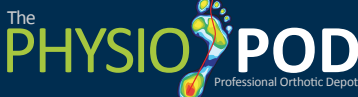
Bodyflow® is a clinically proven world-first device that is effective for the treatment of lymphoedema, post surgery, acute swelling and enhancing sports performance.

Call the clinic today to Hire for Home use



Do you suffer from sore feet?

Bruised Heels? Burning Toes? Painful Legs?
Headaches? Nagging Knees? Aching Hips?
Sore Back? Tired Neck?



30yrs

Established Experience

CALL TODAY

Gladstone 49723244



Our purpose is to take you "From Pain or Injury to Lifelong Health and Fitness For ALL!"

- Physiotherapy Assessment and Treatment for all injuries, pains and conditions by expert and experienced Physiotherapists
- Remedial & Sports Massage Therapy including Deep Tissue, Hot Rocks, Cupping, Dry Needling
- Clinical Pilates sessions and classes in dedicated Clinical Pilates Studio for postural & core strengthening
- Fully Equipped Rehab Gym with Rehab Personal Trainers
- Exercise Physiology and Fitness Testing
- Group Fitness Classes and Bootcamps designed for all ages and fitness levels.
- Pregnancy Related Services including Massage, Clinical Pilates and Fitness Classes
- Pre-Employment Assessments / Worksite-Assessment / Ergonomics
- Hydrotherapy / Aquatic Therapy & Aquatic Fitness Classes
- Custom Orthotics (Arch Supports) by Computer-Generated Technology Gaitscan™
- Shockwave Therapy – for treatment of tendonitis, spurs, calcifications and old unhealed tears.

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