

ADELAIDE WEST PHYSIOTHERAPY

Phyx is a hands-on Adelaide physiotherapy clinic that gives your body the help it needs to relieve pain, move on from injury, reduce reliance on medication and simply make you feel younger and more energetic!

If you're the kind of person that wants to live pain free/recover from injury using natural treatments and avoid operations and medication where possible, we are here for you!



phyx.



TOP SERVICES

PHYSIOTHERAPY

Whether it be getting you back to sport, work or just socialising, our physios are here to help. Our team also have a special interest in pregnancy and post-natal conditions.

PILATES FOR ADELAIDE

We offer both Pilates and classes with Pilates-informed exercises as well as other more conventional exercises.

MUMS & BUBS CLASSES

We have helped many mums return to fitness, and taught them some tricks and exercises to help with all things from feeding posture, pram height and caring for their new baby.



(08) 8356 1379



[PHYXPHYSIO.COM.AU](https://www.phyxphysio.com.au)



GRANGE, ADELAIDE