Motion Physio



Physiotherapy that moves with you in Paddington

Hands-on treatment, exercise rehab and clinical pilates for runners, gym-goers and desk workers across Brisbane. Evidence-informed care, one-on-one.

- HICAPS on the spot
- Online booking 7 days

BOOK AN APPOINTMENT

07 5550 3391

motion-physio.sitepages.app

Mon–Fri 6.30am–7pm, Sat 7am–12pm

OUR SERVICES

Motion Physio

Treatments for every stage of recovery

From first pain to full training load, one team guides your plan.







Sports injury physio

Hands-on treatment and rehab to get runners and athletes back to training.

Back and neck pain

Assessment and exercise plans for desk workers stuck with stiffness and pain.

Post-surgery rehab

Guided rehab programs to rebuild strength and movement after surgery.

Clinical pilates

Small, supervised classes to build core strength and control, $45 a class.

Running assessments

A full gait and load check to find what's slowing your run.

WHAT TO EXPECT

1

Tell us what's going on

Book online or call, and let us know your injury or goal.

2

Assessment

Your physio examines movement, strength and pain to find the cause.

3

We explain the findings

A clear, plain-language explanation of what we find and why.

4

A plan you agree to

A treatment and exercise plan built around your goals and timeframe.

Registered with AHPRA

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Given Terrace, Paddington QLD

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