

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

Mon–Fri 6.30am–7pm, Sat 7am–12pm

motion-physio.sitepages.app

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.

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- motion-physio.sitepages.app
- daniel@motionphysio.com.au
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