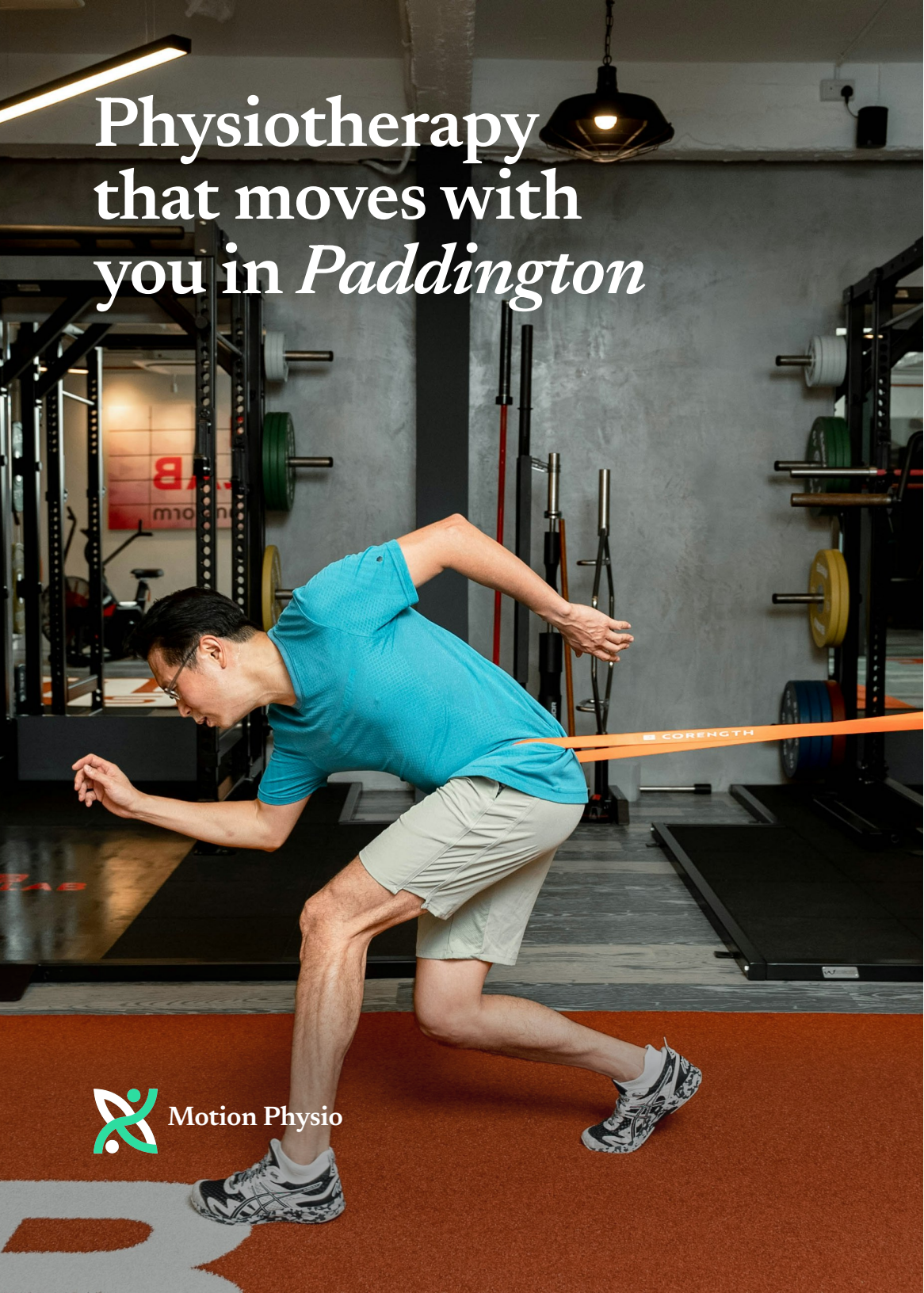


Physiotherapy that moves with you in *Paddington*

Motion Physio



AHPRA-REGISTERED
PHYSIOTHERAPISTS, PADDINGTON

The team who gets you moving *again*

Motion Physio sits on Given Terrace in Paddington, treating runners training for their next event, gym-goers chasing a new personal best and desk workers easing a stiff back after a long week at a screen. Our physiotherapists, chiropractors and osteopaths are all registered with AHPRA. Every visit starts with a proper assessment. We explain what we find in plain language, then agree a plan with you before we start — hands-on treatment, exercise rehab, or a place in one of our clinical pilates classes.



The team behind your *recovery*

A Paddington clinic built around hands-on care and getting you moving again.



Motion Physio brings physiotherapy, chiropractic, osteopathy and sports medicine together under one roof on Given Terrace. Our clinicians are registered with AHPRA and work with runners, gym-goers and desk workers across Brisbane.

We start with an assessment, explain what we find in plain language, and build a plan you agree to before any hands-on treatment begins.



01

Get back to running and *lifting*

Hands-on treatment and exercise rehab for sprains, strains and overuse injuries, from our Paddington clinic.

Treatment built around your *sport*

Sprains & strains

Ankle, knee, shoulder and hamstring injuries

Overuse injuries

Shin splints, tendinopathy and load-related pain

Return to training

A plan to get back to running, lifting and sport

Running assessments

Gait and load checks for recurring injuries





02

Get back to moving *freely*

Hands-on treatment, exercise rehab and clinical pilates for stiff necks and sore backs, right here in Paddington, Brisbane.

What we *treat*

Desk-related stiffness

Neck and shoulder tension from long hours at a screen

Lower back pain

Stiffness and soreness that limits bending and lifting

Nerve-type pain

Tingling or sharp pain radiating into the arm or leg

Tension headaches

Headaches linked to neck and upper back tightness





03

Get back to moving after *surgery*

Structured rehab for knees, hips, shoulders and backs after surgery, with the same physio each visit.

Surgery types we *rehab*

Knee & hip surgery

Rehab after ACL, meniscus or joint replacement surgery

Shoulder reconstruction

Restore movement and strength after shoulder surgery

Spinal surgery recovery

Guided rehab after back or neck surgery

General post-op rehab

Structured programs for any surgical recovery



Care that fits your *life*

HICAPS on the spot

Claim your health fund rebate at the clinic, no paperwork to post.

AHPRA registered

Every clinician is registered with AHPRA.

Book online, 7 days

Online booking any day of the week, appointments Mon–Sat.

Hands-on, evidence-informed

Assessment first, then a plan you agree to.



WHAT TO EXPECT

How your first visit *works*

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.



Ready to move *better?*

Book online in seconds or call the clinic on Given Terrace, Paddington.

07 5550 3391

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Motion Physio