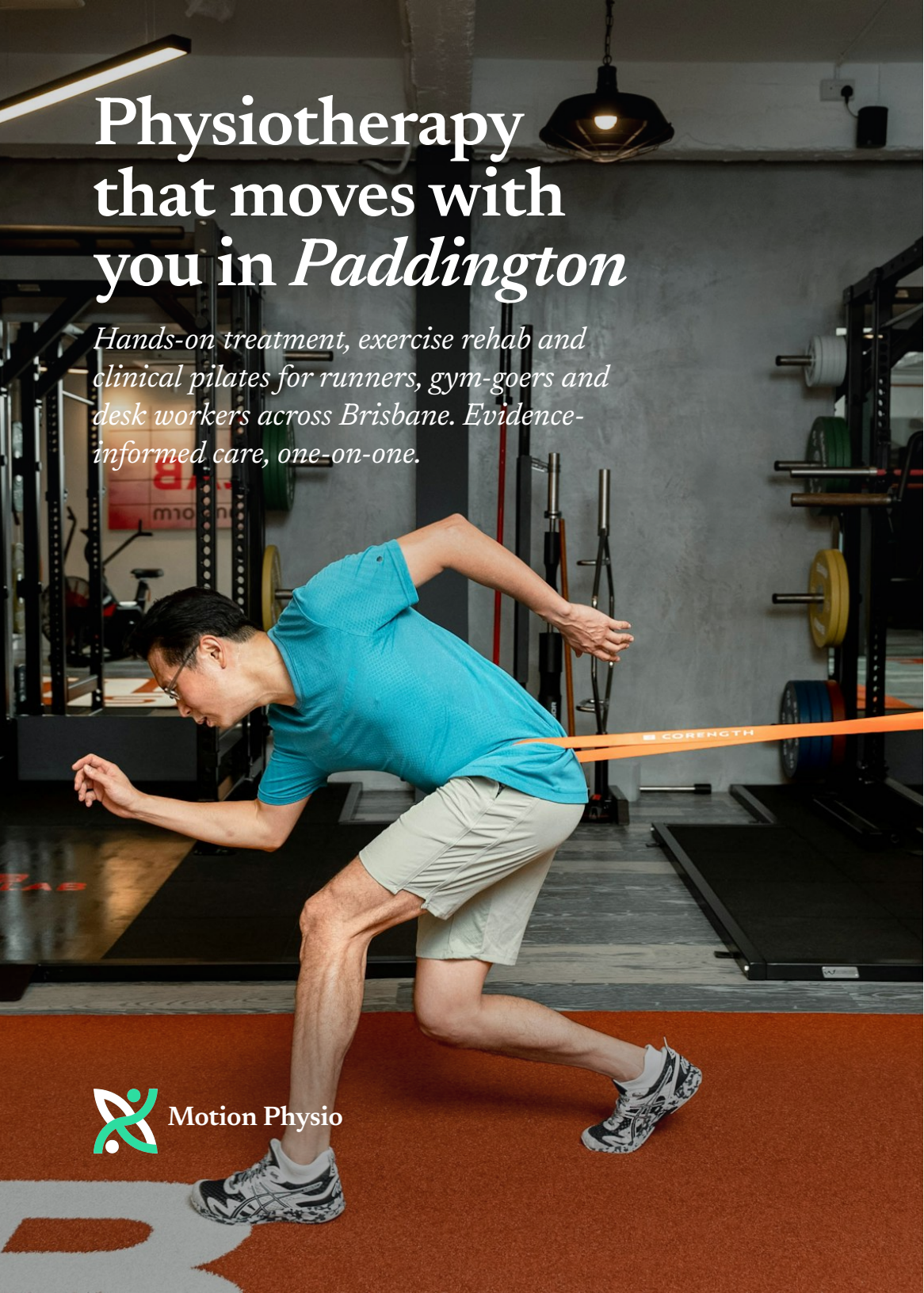


Physiotherapy that moves with you in *Paddington*

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

Motion Physio



AHPRA-REGISTERED
PHYSIOTHERAPISTS, PADDINGTON

The team who gets you moving *again*

Online booking seven days, with HICAPS claims processed on the spot.



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.



Questions before you *book*

Do I need a referral to see a physio?

No referral is needed to book a physiotherapy appointment with us.

Can I claim on my health fund?

Yes, we offer HICAPS on the spot so you can claim your rebate straight after your appointment.

What happens at my first visit?

Your physio takes a history, assesses your movement and pain, and explains a plan you agree to before any treatment starts.



Ready to move *better?*

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

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Motion Physio