Experience the benefits of Physiotherapy!

Tired of trying to navigate your way through the healthcare maze?

Let our team of experienced professionals show you the way.

The Bellerive Quay Health Hub
Holistic Wellness Centre

The Bellerive Quay Health Hub
31 - 33 Cambridge Road
Bellerive Quay TAS 7018

Level 1 Shop 3A - Group Therapy and Education Hub
Level 2 Shop 6 - Reception and Retail Hub
Level 3 - Therapy, Assessment and Consultation Hub

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The Bellerive Quay Health Hub

Holistic Wellness Centre

Physiotherapy

Your One Stop Multi-Disciplinary Healthcare Service

Physiotherapy Therapy Services at The Bellerive Quay Health Hub

Physiotherapy aims to restore proper body function, prevent a decline in function or reduce the impact of dysfunction in people of all ages with physical problems caused by illness, accident or ageing.

Did you Know...

- Poor posture can be a source of aches and pains
- Falls are not a normal part of ageing
- Back pain should not be a daily struggle
- Exercise can help reduce the pain of Arthritis
- Exercises and positioning can help clear secretions from your lungs

Physiotherapists utilise various treatment techniques based on individual assessment and personal goals, these can include:

- Manual therapy
- Exercise prescription and instruction
- Self-management strategies and home programs
- Education
- Equipment prescription

The qualified Physiotherapists at the Bellerive Quay Health Hub offer a multi-faceted, patient centered, approach to your rehabilitation by utilising their knowledge in anatomy, physiology and biomechanics. These skills are used to assess, diagnose and formulate individualised programs, taking into account physical presentation, past history, social situation, emotional and environmental factors and researched best practice techniques.

Physiotherapists can help treat a wide variety of conditions, including:

- Musculoskeletal conditions including back/neck pain, arthritis and sporting injuries.
- Neurological conditions including stroke, MS, Parkinson's disease and spinal cord injuries.
- Cardiorespiratory conditions including emphysema, asthma and chronic bronchitis
- Rehabilitation for many surgical interventions including orthopaedic surgery (such as total knee and hip replacements) and neurosurgery (such as vertebral fusions).
- Age related decline in function including falls prevention, balance troubles, weakness and general deconditioning.
- Postural awareness and treatment to assist in pain relief, muscle imbalances, muscle tension and occupational positioning.
- Promotion of active lifestyles for all age groups.

Physiotherapy at the Bellerive Quay Health Hub includes both one-on-one treatments within the fully equipped consulting rooms and clinical gym, as well as a variety of group sessions and classes (please see timetable of classes for more information).

Physiotherapy led classes:

- Pilates Reformer Group Sessions
- Pilates Mat Class
- Tai Chi Class
- Falls and Balance Class
- Tango for Parkinson's and Dancing with Dementia Classes

The Bellerive Quay Health Hub fosters a multi-disciplinary approach to health care. Physiotherapists are skilled in the recognition of health issues which would benefit from referral to other appropriate health professionals for optimal care and wellbeing.