

Our commitment to you

- Personalised, professional care with experienced physiotherapists
- High quality assessment, diagnosis & treatment tailored to your needs.
- Friendly, caring environment with specialised equipment to maximise your rehabilitation, recovery, sports performance & general well-being.
- We are invested in your long-term health, not just "a quick fix"!
- We can identify potential areas of risk; improve your muscle control, flexibility & strength to prevent any injuries occurring in the first place; as well as provide ongoing support & professional advice to keep you fit, healthy & active throughout life!

We can help you...
"Move Well, Stay Well"
...for life!

Our services to benefit you

- Specialised Sports Physiotherapy
- Specialised Musculoskeletal & Manipulative physiotherapy & all forms of manual therapy
- Personalised rehabilitation & recovery gym programs – individual sessions & classes, physiotherapist supervised
- Workplace injuries, work fit & gym conditioning, & Occupational Health
- Post-operative rehabilitation
- Equestrian sports & rehab, rider posture assessment & correction
- Clinical Pilates & Reformer programs
- Hypervibe® Whole Body Vibration
- Dry Needling

Bungendore Physiotherapy & Sports Care

36b Ellendon Street
BUNGENDORE NSW

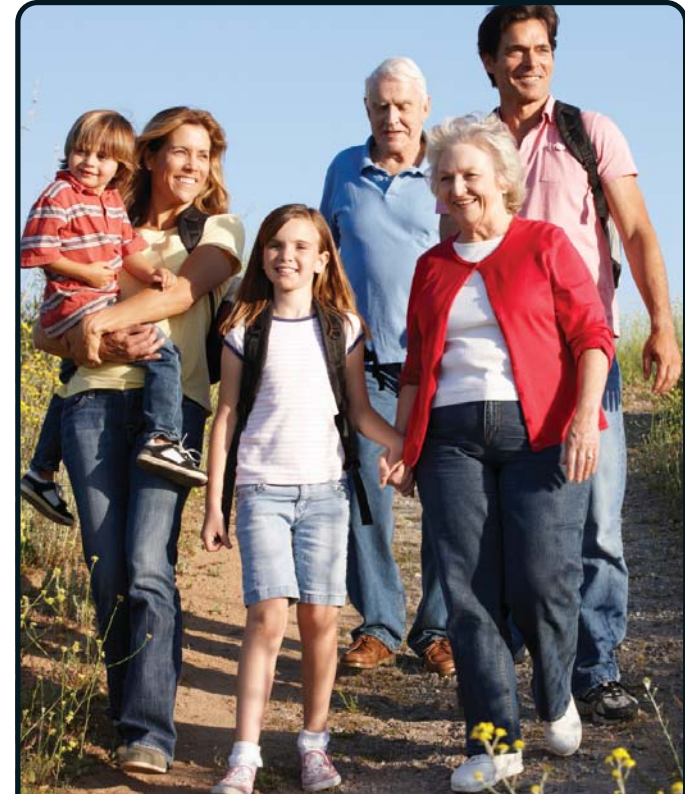
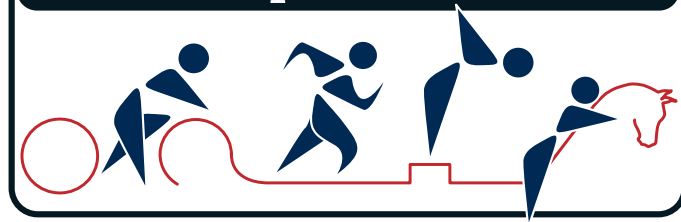
Phone 6238 0418
Fax 6238 1861

admin@bungendorephysio.com.au
www.bungendorephysio.com.au

Referrals not required*
Private health insurance rebates apply

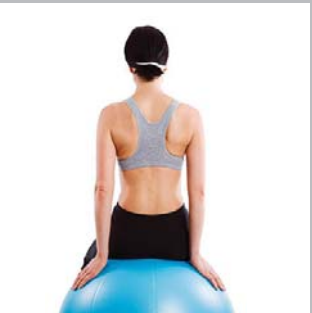
* unless Workers Comp, DVA or EPC

Bungendore Physiotherapy & Sports Care



Phone **6238 0418**

*Hands-on, experienced
customised care
to keep you ACTIVE for life.*



What is a Physiotherapist?

Physiotherapists are registered, University qualified Health Care Professionals skilled to assess, diagnose and treat people with movement problems. This may involve spinal or peripheral problems, including joint, muscle & nerve injuries.

Physiotherapists also help people avoid injuries and maintain a fit, healthy body.

Physiotherapists help people increase their movement & mobility and improve their physical independence, so they can resume or maintain their normal job or lifestyle.

About Us

Established in 2010 by Louise Steinman, Practice Director (also APA titled Sports Physiotherapist & Animal Physiotherapist).

Louise expanded the practice into our own rooms to meet the needs of the community & to provide the best quality Physiotherapy staff & services, locally!

Our Team

- Louise Steinman** Sports & Animal Physiotherapist
Director/Principle *M.SportsPhysio, M.AnimStud(Animal Physio), B.Phty, MAPA*
- Ray Ellett** Senior Physiotherapist
M.Phty, MAPA, B.AppSci(MedSci)(Hons)
- Hallie Butcher** Physiotherapist
B.Phty (Hons), MAPA
- Kerry Schneider** Musculoskeletal Physiotherapist
PGD Manip Therapy, B.AppSci (Phty), MAPA
- Bridget Agerbeek** Practice Administration

What We Do

We use a hands-on, manual therapy & exercise based approach to treat all injuries (including sports & work injuries) & regular aches & pains.

Our goal is your full functional recovery: to prevent injuries recurring & to restore normal movement & function for the long term. We can maximise your movement, flexibility, strength, & posture to enable you to reach your full health potential, no matter what your age or abilities.

We offer effective solutions for

- Sports & Workplace injuries
- Back pain & sciatica
- Neck pain & headaches
- Correction of Postural problems & discomfort
- Sports care, injury prevention & performance enhancement
- Arthritis & movement disorders
Osteoporosis, general balance, strength & falls prevention.
- Women's health & Pregnancy (ante & post-natal exercises)
- Post-surgery management & rehabilitation
- Equestrian sports - for harmony of horse & rider

Come in or call us
for more information &
to see how we can help
YOU!

Phone **6238 0418**