

How do I book an appointment?

Contact your nearest IPC Health campus on 1300 472 432.

You may be placed on a waiting list.

Can I have an interpreter?

Yes, interpreters are free. Please let us know when booking an appointment.



IPC Health acknowledges the support of the Australian and Victorian Governments.



IPC Health

PO Box 171
Deer Park VIC 3023

ACN 136 685 151
ABN 68 846 923 225

Altona Meadows

330 Queen Street
Altona Meadows 3028

Deer Park

106 Station Road
Deer Park 3023

Hoppers Crossing

117–129 Warringa Cres
Hoppers Crossing 3029

St Albans

1 Andrea Street
St Albans 3021

Sunshine

L1, 499 Ballarat Road
Sunshine 3020

Wyndham Vale

510 Ballan Road
Wyndham Vale 3024

1300 472 432

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At every age
and every stage

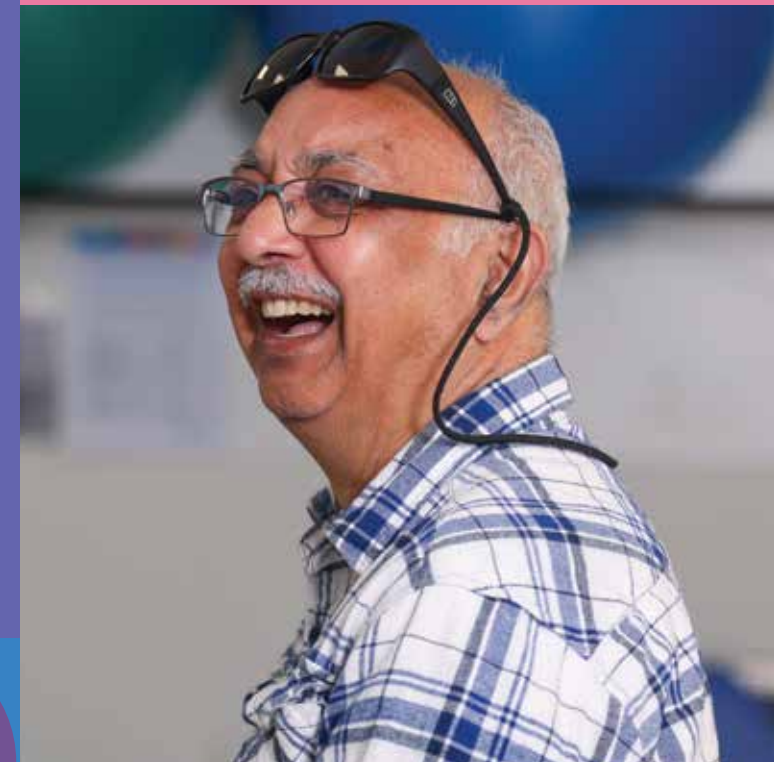
Well

for

Life



Physiotherapy



Our physiotherapists can help to manage your movement, decrease your pain and keep you active.

You can see a physiotherapist for:

- sore joints, muscles and bones
- increased difficulty with walking or activities
- managing your back pain
- fall prevention
- recovery after surgery or injury

We can help you manage your condition and teach you ways to:

- strengthen and stretch muscles
- improve movement
- manage pain
- help you improve your walking and balance
- manage better at home
- help you return to sport or other activities



Physiotherapy groups

Our physiotherapists run groups to help you to improve your strength and fitness.

These groups include:

- hydrotherapy (exercising in water)
- strength training
- GLA:D group for arthritis
- back exercise
- neck and arm exercise
- falls prevention
- tai chi
- gentle exercise
- yoga

Ask your physiotherapist about which groups are currently running.

Who can use this service?

People in Brimbank, Hobsons Bay and Wyndham.

Is there a fee?

A fee may apply to this service. To learn more, please contact our Client Services team on 1300 472 432 or visit the Physiotherapy page of our website.