

## How do I book an appointment?

Contact your nearest IPC Health campus.

You might have to wait before an appointment becomes available.

## Is there a fee?

A fee may apply to this service. To learn more, please contact our Client Services team.

## 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 Corporate Office

106 Station Road  
Deer Park VIC 3023  
PO Box 171 Deer Park VIC 3023

**ACN** 136 685 151  
**ABN** 68 846 923 225

### Deer Park

106 Station Road  
Deer Park 3023

### St Albans

1 Andrea Street  
St Albans 3021

### Sunshine

Level 1, 499 Ballarat Road  
Sunshine 3020

### Altona Meadows

330 Queen Street  
Altona Meadows 3028

### Hoppers Crossing

117–129 Warringa Crescent  
Hoppers Crossing 3029

### Wyndham Vale

510 Ballan Road  
Wyndham Vale 3024

**1300 472 432**

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ipcHealth

# Physiotherapy



## How can physiotherapists help?

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

Physiotherapists 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 may 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

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## Who can use this service?

IPC Health provides physiotherapy services to people of all ages who live, work or study in Brimbank, Wyndham and Hobsons Bay.

