

WELCOME

Welcome to Synergy Health Physiotherapy and Pilates, a division of Synergy Health Group. Since our commencement in 2001, our vision has been to provide quality, affordable and accessible healthcare services.

Conveniently located in the heart of Brisbane CBD, Synergy Health Physiotherapy and Pilates offers the following services:

- ▶ Physiotherapy
- ▶ Clinical Pilates
- ▶ Massage Therapy
- ▶ Exercise Therapy
- ▶ Injury Management & Advisory
- ▶ Western Acupuncture (Dry Needling)

Our experienced physiotherapists offer a personalised and professional service to our valued clients.

Part of the Synergy Health Group network:
Leading provider of healthcare services
and facilities.

Physiotherapy

The assessment and management of a broad range of conditions including:

- ▶ Musculoskeletal (neck and back pain)
- ▶ Headaches
- ▶ Sports injuries
- ▶ Work injuries

Treatment options may include:

- ▶ Spinal and Joint Mobilization
- ▶ Electrotherapy Modalities such as ultrasound and interferential
- ▶ Exercise, stretching, and strengthening regime as well as posture correction
- ▶ Biomechanical correction and taping
- ▶ Clinical Pilates



Clinical Pilates

Clinical Pilates is a series of gentle muscle strengthening exercises formulated to improve muscle control, flexibility, coordination and balance as well as alignment and breathing.

Clinical Pilates was first developed by physiotherapists and is an adaptation of traditional pilates. The basic ideas of traditional pilates were built on to help devise a program suitable for each individual to help with rehabilitation and prevention of musculoskeletal injuries. The main difference between Clinical Pilates and standard pilates is that in Clinical Pilates each client undertakes individual assessments conducted by a trained physiotherapist who then develops an exercise program specifically targeting their problem areas.

We use equipment such as reformers and trapeze tables to facilitate activation of the "core" muscles. The emphasis is on control of muscles rather than strength. The physiotherapist will be able to teach you the correct techniques for each individual exercise as well as grading the exercises. Some modification of exercises may be made to suit individual needs, as each person's body and conditions are different. Clinical Pilates can also assist with sports injuries, optimising performance and pregnancy. Synergy Health Physiotherapy and Pilates offers individual and group sessions.



Massage Therapy

Therapeutic massage is a manual application of deep or light pressure applied to the musculoskeletal system (skin, muscles, tendons, ligaments, and fascia) to promote muscle relaxation, myofascial release, increased joint function, increased local blood flow/circulation.

Why should therapeutic massage be performed by a physiotherapist?

A Physiotherapist:

- ▶ Has a better understanding of an individual's musculoskeletal condition
- ▶ Is able to relieve muscle tension and pain such as spasm, strains, and sprains
- ▶ Has the skill to improve flexibility and mobility as well as enhance function, promote relaxation and well being
- ▶ Is able to promote post injury rehabilitation



Exercise Therapy

Exercise therapy programs are broad and may include exercises to rehabilitate from injury, pain or mobility issues. Exercise therapy may be engaged to:

- ▶ Maximise physical abilities
- ▶ Increase strength
- ▶ Improve flexibility
- ▶ Optimise muscular function
- ▶ Improve physical fitness
- ▶ Improve general health and wellbeing

Physiotherapists are well placed to prescribe exercise therapy as they are trained in the principles of rehabilitation, how pain works (both the physical and psychological elements to pain) and the role of exercise in tissue repair. Synergy Health Physiotherapy and Pilates uses exercise therapy for injury prevention and rehabilitation as well as addressing faulty movement patterns that may be the result of or cause of an injury. Exercise therapy uses specific targeted movements to improve the way your body functions. Synergy Health Physiotherapy and Pilates can tailor a program for your specific needs to improve health and decrease pain.



Injury Management & Advisory

The prevention, assessment and management of injuries arising from the workplace or a motor vehicle accident. Services include:

- ▶ Workplace assessments
- ▶ Ergonomic assessments
- ▶ Functional capacity assessments
- ▶ Return to work programs
- ▶ Medico-legal consulting



Western Acupuncture / Dry Needling

Acupuncture or dry needling is an invasive procedure in which a thin filament needle is inserted into the skin and muscle directly at a myofascial trigger point. A myofascial trigger point is a focus of small muscle fibre contraction knots, which are related to the production and maintenance of the pain cycle. They often occur as a result of neuromuscular dysfunction and in areas of musculoskeletal stress. Dry needling relaxes contracted muscles. Since the presence of the needle in a tense muscle may be painful, the nervous system sends the appropriate feedback to the muscle to inhibit or stop its spasm. This spasm is often the cause of the pain or dysfunction experienced by the patient. So by achieving an inhibition or ceasing of spasm, dry needling can take away the cause of pain and dysfunction.



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