



## Opening Hours

### Physiotherapy

Mon - Fri 8:30am - 7:00pm  
 Saturday 8:00am - 1:00pm

### Massage

Monday 1:30pm - 7:00pm  
 Wednesday 1:30pm - 7:00pm  
 Friday 1:30pm - 7:00pm

### Podiatry

Tues - Fri 8:30am - 6:00pm

## Services

- Physiotherapy
- Hydrotherapy
- Pilates
- Massage
- Podiatry
- Psychology

## Our expertise

Cranbourne Physiotherapy has provided quality service to clients in Melbourne's southeast for more than 20 years.

The centre has an enthusiastic team of health professionals dedicated to evidence-based practice and excellence in your injury management.

With years of experience treating elite athletes and day to day pains, our highly qualified therapists will help you live better.

(See Melway Ref Map 133 K5)



\* Gift Vouchers available for all services

# CRANBOURNE PHYSIO



13 Childers Street  
 Cranbourne Vic 3977  
 tel: 5996 1688  
 fax: 5996 1779

[www.cranbournephysio.com.au](http://www.cranbournephysio.com.au)

# CRANBOURNE PHYSIO



*Live Better*

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 13 Childers St, Cranbourne, Vic  
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## Physiotherapy

It doesn't matter how sunny the day is, if you're suffering pain or can't move properly, you're trapped in an injury cloud. If you want to live better, physiotherapy is the key.

Physiotherapists will accelerate your return to full health. Physios treat your injury in the clinic and offer advice on how you can assist your own recovery at home. They help you to understand your condition so you are less likely to re-injure later on.

Even the cloudiest of days can feel sunny again.

Your physiotherapy consultation will include:

- Accurate diagnosis of the injury
- Evaluation of the underlying causes of the injury
- Explanation of the injury
- Appropriate Treatment Plan
- Education to prevent injury recurrence
- Communication with doctor, family, sports coach or work place as required.

## Do you suffer from any of these?

- Headaches
- Neck Pain or Stiffness
- Shoulder Dislocation
- Rotator Cuff Syndrome
- Tendonitis
- Tennis Elbow
- Golfer's Elbow
- Poor Posture
- Scoliosis
- Osteoarthritis
- Lower Back Pain or Stiffness
- Joint Replacement
- Hamstring Strain
- Knee Pain
- Calf Strain
- Achilles Tendonitis
- Ankle Sprain



If you suffer from any of these,  
physiotherapy can help you.



## Exercise Programs

Aside from many hands-on techniques to aid your recovery, practitioners at Cranbourne Physiotherapy are expert at speeding your recovery using specific exercise programs. Depending on your needs and circumstances we can assist you with any of the following:

- Hydrotherapy
- Home stretching and strengthening
- Pilates
- Gym program
- General fitness
- Weight loss

## How to Live Better

Get on top of your pain and move well again. Consult a physio by calling for an appointment on 5996 1688. The trusted, knowledgeable and friendly staff at Cranbourne Physiotherapy will help you recover from injury to live better.

Claims welcome through HICAPS, WorkSafe, TAC, DVA and Medicare EPC where appropriate.