

PHYSIOTHERAPY

and the NDIS



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NDIS
PROVIDER



Physiotherapy can form an important part of your support team. A Physiotherapist works to facilitate improved movement by providing a detailed assessment and tailoring an individual therapy program that will help you achieve your goals.

Barriers to your goals

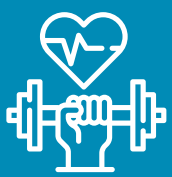
These barriers can stand in the way of your goals:

- Reduced strength
- Reduced range of motion in Joints
- Reduced endurance
- Poor balance
- Pain



Physiotherapy can help!

Physiotherapist assess the above factors and provide solutions to help improve your overall function. They can:



HOME EXERCISE PROGRAMS

Develop home exercise programs that strengthen muscles, improve balance and increase endurance.



MANUAL THERAPY

In conjunction with exercise, provide manual hands-on therapy to help reduce pain.



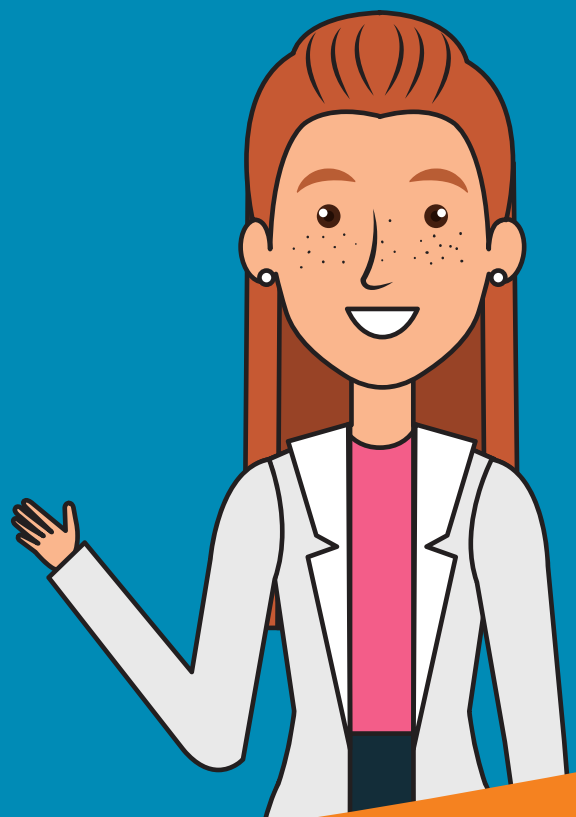
EDUCATION

Provide education to help you understand the best way to improve movement and target your short- and long-term goals.



AIDS/EQUIPMENT

Provide recommendations for walking aids/equipment to facilitate your mobility.



Book your appointment now at:

WWW.VIVIR.COM.AU/NDIS-DISABILITY-SERVICES