



BUE



**PEAK PERFORMANCE  
PHYSIOTHERAPY TASMANIA**

**Where recovery  
meets excellence**



## **CONTACT US**



**PEAK PERFORMANCE  
PHYSIOTHERAPY TASMANIA**

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# OUR SERVICES



## ASSESSMENT AND DIAGNOSIS

Discover the root cause of your pain and movement issues with our comprehensive physiotherapy assessments. Our expert team uses advanced techniques to provide accurate diagnoses and personalised treatment plans, ensuring you achieve optimal health and mobility.



## HOME EXERCISE PROGRAMS

Empower your recovery with our tailored home exercise plans. Designed by expert physiotherapists, these plans help you restore movement, reduce pain, and enhance your overall well-being from the comfort of your home. Commit to your health journey with exercises that fit seamlessly into your daily routine.



## INDIVIDUAL TREATMENT PLANS

Experience tailored physiotherapy treatment plans designed to address your specific goals and health conditions to help you achieve optimal recovery and long-term wellness. Start your journey to better health with a plan that's just for you.



## REHABILITATION SESSIONS

Our specialised rehabilitation sessions are designed to help you recover from injuries, surgeries, and chronic conditions. With personalised care and expert guidance, we support your journey to regain strength, mobility, and independence.



## SPORTS INJURY MANAGEMENT

We help athletes and active individuals recover and return to their activities safely. Our process starts with an assessment and diagnosis to determine the best treatment plan. This includes personalised exercises to restore strength, flexibility, and function, along with pain management techniques to alleviate discomfort and promote healing. We also provide education on injury prevention and safe return to sports, with regular progress monitoring to ensure optimal recovery.

# OUR VISION & ABOUT US

Our dedicated physiotherapists are committed to providing personalised care tailored to your unique needs. Whether you are recovering from an injury, managing chronic pain, or seeking to enhance your physical performance, we utilise evidence-based techniques to help achieve your goals. Join us in restoring your mobility and improving your quality of life with compassionate tailored support every step of the way.

Our staff are highly qualified professionals with degrees in Physiotherapy and Exercise Science. We are proudly a locally owned Physiotherapy Clinic. Our connection to the community strongly guides the decisions we make to best serve the health and wellbeing for all Tasmanians.

Ready to take the next step?

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# OUR SERVICES

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## PRE-OPERATIVE CARE

Pre-operative physiotherapy, or "prehabilitation," helps prepare your body for surgery, improving recovery and reducing complications. It includes an assessment to evaluate your physical status, a customized exercise program to strengthen muscles and improve flexibility, educational support on what to expect during and after surgery.



## POST OPERATIVE CARE

Post-operative physiotherapy is essential for a successful recovery after surgery. It involves an initial assessment to evaluate your condition and set recovery goals, followed by tailored rehabilitation exercises to regain strength, flexibility, and mobility. Pain management techniques are provided to help manage discomfort, along with education and support on safe movement, activity progression, and self-care. Regular follow-ups are conducted to monitor progress and adjust the treatment plan as needed.



## MEDICARE REFERRALS

Medicare offers coverage for physiotherapy services under specific conditions. Patients may be eligible for up to five allied health services per calendar year, which can include physiotherapy. These services must be recommended by a General Practitioner (GP). Coverage includes assessment, treatment, and management of various physical conditions.



## WORKERS COMPENSATION AND DVA REFERRALS

We manage workers' compensation and Department of Veterans' Affairs (DVA) referrals for physiotherapy services. This includes assessment, treatment, and rehabilitation to help injured workers return to work and veterans improve physical function, manage pain, and enhance well-being. To access these services, consult with your GP, insurance provider, or visit the DVA website.