

“We deliver a family centred service” –

that builds upon a shared set of skills and knowledge. A partnership aimed at making the most of each clients potential to reach their goals. We recognise the importance of working with families and carers in the home, kinder or school setting, making your child's therapy sessions as comfortable and as effective as possible, for your child and for you.



“Your place, or ours”



“With you every step of the way”



We offer a range of services and packages that will work seamlessly for you.

For more information, or to fully understand your therapy options; contact us today and we can discuss which service is ideally suited to your child's needs.

Early Steps Physiotherapy
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Early Steps
PHYSIOTHERAPY

Family centred practice



Physiotherapy for Babies - 7 years
Home, creché or clinic based

“With you every step of the way”

Our mission – “To make a difference”

To support families in the care of their children and to strive to realise each child’s potential for a happy and productive life, through the family centred application of physiotherapy services

Our Expertise

Paula has experience in a range of physiotherapy settings, initially starting in hospitals in the UK. Paula’s passion for her work has seen her spend the majority of her career here in the regions, as a highly mobile Physiotherapist working with children. Paula has chosen to specifically cater for and work closely with children and their families and carers, wherever they might be, across country Victoria.

Support provided includes

Gross motor play exercises, positioning and handling.

Working closely with a child’s team, including Speech Pathologists, Occupational Therapists, Orthotists, Teachers, Maternal and Child Health Nurses and Paediatricians within the community.



Effectively treat the following conditions

- Toe walking
- Head shape concerns (Plagiocephaly).
- Delayed tummy lying.
- Premature babies
- Poor head control
- Stiffness or floppiness in your baby’s arms, legs or tummy
- Children who are registered with Early Intervention Services and are eligible for NDIS funding.
- Maximising effective physical condition throughout cancer treatment.
- Developmental delays.
- Diagnosed neurological conditions- e.g. Cerebral Palsy.

The Technical Staff

Whether you’re just starting out on the road to accessing services, you’re self funded, NDIA funded, seeking a ‘one off’ appointment/ consultation, or simply seeking advice, we are with you every step of the way.

