



Physiotherapy

Helping you improve muscle and bone health.

Nexus Physiotherapy promotes better movement and physical function by working with you to improve your muscle and bone health.

We can help you recover from injury, reduce pain or stiffness, and increase mobility.

Our service is confidential and respectful of your needs, circumstances and culture.

Commonly seen conditions include:

- N** Sports injuries,
- N** Pelvic floor dysfunction,
- N** Arthritis,
- N** Back, neck and shoulder pain,
- N** After surgery,
- N** Falls and balance problems, or
- N** Neurological conditions such as Stroke, Parkinson's disease or Multiple Sclerosis.

Other services include:

- N** Mobility assessments and equipment recommendations such as walking aids.
- N** Support and education for caregivers.
- N** Posture advice and back care.

What to expect:

- N** Individual assessment. Sessions are one-on-one and include development of a treatment plan that considers your individual needs and lifestyle.

- N** Treatment may include manual therapy, electrotherapy, home exercises, education and setting goals to optimise function.
- N** Education is provided to empower you to better manage your condition in the long term. The physiotherapist will discuss your goals and monitor your progress regularly.

If required you may be referred to an exercise group such as strength training or warm water exercise programs.

Accessing this service:

To make a Physio appointment contact us on 1300 77 33 52.

- **Appointments are available** at any Nexus Location.
- This service is available through **self-funded (fee paying)** system – private health insurance rebates may apply, ask us about our fees.

Concession card (pension or health care card) fees are available – ask our team.

OR

- Speak to your GP about a **Team Care Arrangement** to access Nexus Physio

through **Bulk Billing**

Physiotherapy +

Pelvic Floor Dysfunction

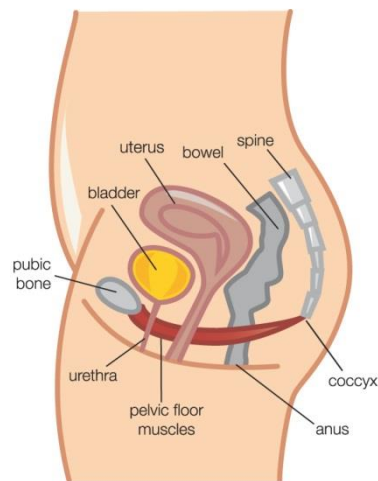
Active pelvic floor muscles are very important to women and if poorly controlled, can lead to prolapse and loss of bladder or bowel control.

Nexus Physiotherapists can support with continence management and can assess your pelvic floor muscles and help you to regain control if necessary.

Pelvic Floor related issues can include:

- N Bowel and bladder control,
- N Pelvic pain,
- N Vaginismus,
- N Pelvic organ prolapse,
- N Pregnancy related issues such as pelvic girdle pain,
- N Sacroiliac joint dysfunction, or
- N Pubic symphysis pain.

If you are experiencing any of the above issues and would like to reclaim control of your pelvic floor muscles contact Nexus today.



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Need help?

To find out more about Nexus, please contact us on:

t 1300 77 33 52

info@nexusprimaryhealth.org.au

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