

Recovery - Rehab - Results. The way you should be treated!

If you are injured, in pain and have reduced function, we are able to help you on the road to recovery by providing holistic treatment programmes that diagnose the root cause of the problem and not just treat the symptoms.

Our therapists combine current best practice and a hands on treatment approach with additional conditioning and rehabilitation in the form of home exercises, gym based exercise and clinical pilates (using both matwork and reformer apparatus).

We offer

- Senior physiotherapy staff with excellent assessment and treatment techniques who are committed to getting people better as quickly as possible
- 2 convenient locations; 257 Maunganui Road & 4 Dee Street Medical Centre
- Same day appointments with 40 min assessments and 30 min follow up consultations
- Extended opening hours 7am to 7pm
- Clinical Pilates Classes taught by physiotherapists
- Competitive rates for ACC and private consultations
- Excellent reception staff who are able to give you the information that you need and ensure all appointments are at your convenience and accurate