

Teneriffe Physiotherapy

Opening Hours - By Appointment Only

Monday to Friday 7am - 6pm last appointment

Saturday 9am - 11am

Fees

Initial Consultation or New Episode \$66.00

Standard Consultation \$58.00

Payment Methods

Cash, Healthpoint, Eftpos, Credit Card (Visa and Mastercard)

Healthpoint System

The Healthpoint system allows you to process your private health fund claim for physiotherapy treatment at the time of consultation. The gap amount can then be paid by the other methods listed above. The funds that we can process are Australian Unity, CBHS, GMHBA, HBA, HCF, HIF (WA), Lysaght Peoplecare, MBF, Medibank Private, Navy Health, NIB, Manchester Unity, Mutual Community, Credicare, Health Cover Direct, StGeorge Health Protect, ANZ Health Insurance, Qld Country Health, Defence Health, OneMediFund and Teachers Federation Health. We ask that you bring sufficient funds to cover the full treatment cost in case the Healthpoint system or individual health fund is off-line.

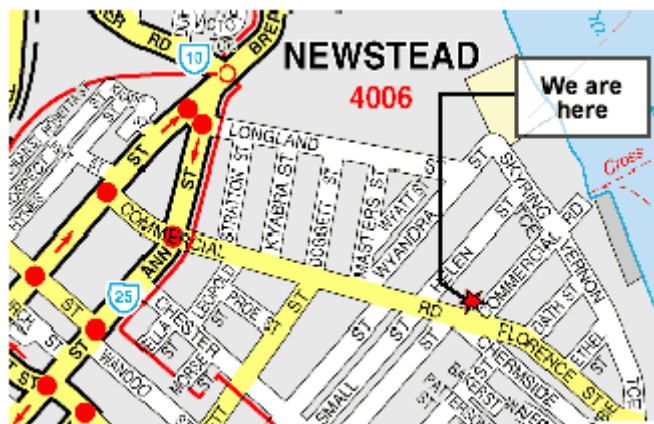
*Please note that you cannot claim for massage therapy services using Healthpoint

Appointments

It is our preference to offer more time for quality treatment, so we limit our bookings to two per hour for standard consultations and 45 minutes for initial consultations. Consequently our business relies on near full attendance and we ask that you consider your appointment with us to be a high priority in your day. If you happen to be ill or abducted by aliens and cannot attend your appointment please call us ASAP as there may be someone else waiting for an appointment at that time. If you are ill with a cold, flu or other contagious illness we prefer you cancel your appointment to avoid spreading the illness through our staff and other patients.

Where To Find Us

We are on the ground floor at 102 Commercial Road, Teneriffe. Our building is on the corner of Commercial, Florence and Chermiside Streets opposite Sol Breads. GPS co-ordinates are 27° 27' 15.05"S 153° 02' 48.3"E.





Parking

There is a patient car park behind our building (first park on the left) or 2 hour street parking is available in surrounding streets. If you are unable to find a non-metered park, please use one of the metered spots opposite the clinic and we will provide a coin for the meter. Car parking in the area is limited so if you are within walking distance we encourage you to take the opportunity to get some exercise.

What To Expect From Treatment

Physiotherapy treatment is based on correcting postures and movements which lead to injury or damage to the body. If you have suffered an injury such as a ligament sprain or muscle strain, the physio treatment augments the body's normal healing process and will speed the recovery of a strong tissue repair. Facilitating the return of muscle control and strength is always a focus of treatment because it will reduce the recurrence of symptoms.

Physiotherapy treatment involves a combination of:

- joint mobilisations to loosen stiff joints
- massage releases to reduce muscle knots and spasm
- exercises and stretches to improve control, balance, strength and flexibility
- strapping to support damaged joints, ligaments or muscles
- posture, lifestyle and ergonomic advice to identify causative factors for your problem
- electrotherapy machines to improve healing rates and reduce pain

Each session will usually comprise of 30 minutes of hands-on or in-contact treatment plus another 15-30 minutes of exercises or electrotherapy machine treatment. Your physiotherapist will explain to you the reason for your pain, the plan for treatment and attempt to give you an idea of recovery time. How often you will be required to attend treatment depends entirely on the nature of your condition.

The treatment may be anywhere from painless to moderately painful if it is required to gain improvement. It may be ok for you to take analgesics prior to attending treatment, just ask the physio. Some post-treatment discomfort or soreness is common, hopefully only for a day or so. If your physio is concerned about your injury he/she will refer you to an appropriate medical professional for review. Likewise, if your physio believes that another form of treatment will be of benefit he/she will suggest it and refer you to an appropriate professional.

Massage Therapy Information

Massage therapy appointments are usually available in the afternoons from Monday to Thursday. The fee is \$70 per hour. Payment to the massage therapist, Karen Topp, by cash or cheque is preferred however eftpos and credit card payments can be made if necessary. The Healthpoint system cannot process private health fund claims for massage therapy so you will be provided with a receipt to take to your health fund.

Remedial massage therapy techniques are tailored to the individual condition of the patient. Your massage therapist will ask questions, assess the situation and then treat appropriately. Through a variety of hands-on techniques, massage therapy stretches and loosens muscles and connective tissues, improves blood flow and assists removal of lymph fluid and waste products from exercise. Importantly, massage stimulates the body to circulate endorphin hormones - our natural pain killers and muscle relaxants. The therapist will interact with you to establish an appropriate firmness of pressure to obtain the best result for you.

Remedial massage therapy covers the broad areas of remedial therapy (assisting in recovery from pain or injury), sports massage and relaxation massage. If you have sustained a joint or ligament injury it may be more appropriate for you to have physiotherapy treatment. If you are unsure of which form of therapy would be best for you, please call us. Often physio and remedial massage therapy treatments are complementary to one another and our therapists will advise you if they feel you would benefit from a combined approach to treatment.

We ask that you consider your appointment to be a high priority in your day. If you happen to be ill and cannot attend your appointment please call us ASAP as there may be someone else waiting for an appointment at that time.