

PHYSIO-WISE

Be Well...Stay Well

Gawler **Lyndoch**
3 Murray St **48 Altona Rd**
(08) 8522 6611
www.physio-wise.com.au
admin@physio-wise.com.au

Consulting Hours

GAWLER

Monday **9:00am - 5:00pm**
Tuesday **9:00am - 7:30pm**
Wednesday **7:30am - 4:00pm**
Thursday **9:00am - 7:30pm**
Friday **8:30am - 5:00pm**

LYNDOCH

Monday **2:30pm - 6:00pm**
Wednesday **7:30am - 12:30pm**
Thursday **9:00am - 12:00pm**



AUSTRALIAN
PHYSIOTHERAPY
ASSOCIATION

Member

On the spot claiming available.
Most Health Funds accepted

ONLINE BOOKING AVAILABLE



Ask us about setting up
an account so you can
manage your
appointments at any
time.

APPOINTMENT POLICY

A \$30 fee will be charged if you
fail to attend an appointment
or cancel with less than 24
hours notice.

Considerations will be made
for unavoidable
circumstances.

Cancellations via phone call,
text, or email are subject to the
same time considerations.

CLINICAL EXERCISE CLASSES

A great way to strengthen your core to
decrease back pain and maintain daily
living



ABOUT US

Physio-Wise provides the districts of
Gawler and Barossa Valley with expert
physio services. Injuries and body
complaints are resolved through the
application of physiotherapy services
and techniques so that you can get
back on track as soon as possible. We
have a large range of treatment
options that we can tailor to your
individual needs to ensure you get the
best possible care.

SERVICES

- Clinical Exercise Classes
- Dry Needling
- Focus Shockwave
- Hydrotherapy
- InterX
- Mums & Bubs Exercise Classes
- Paediatrics
- Pilates
- Radial Shockwave
- Real Time Ultrasound
- Remedial Massage
- Strength & Balance Classes
- Supervised Gym
- Traction
- Vertigo
- Women's Health

REMEDIAL MASSAGE

Here at Physio-Wise we have a qualified remedial massage therapist. Massage is a great way to help relax tight



muscles and relieve tension. Helps to improve circulation and stimulation of the lymphatic system. Massage can also increase joint mobility and flexibility.

Physio-Wise Guarantee

If on your first visit you are not fully satisfied with the quality of your initial appointment, we will undertake open communication with you and address any issues you raise.

If you are still not happy, Physio-Wise will offer you a complimentary physiotherapy consult - no strings attached. If after that, you are still not 100% happy with the service that you have received, we will give you a full refund of your payment.

Why do we do this?

We are confident that we provide excellent physiotherapy services. All of our staff (reception staff and physiotherapists) have undertaken significant training modules and have been selected because of their caring nature and dedication to good practice. If there are any areas where we are not meeting expectations, we need to know so that we can make the appropriate improvements.

Feedback

We are always happy to receive feedback - whether it is suggestions for change, or something you really like and don't want changed! Your feedback to us is very valued. Please feel free to speak to our friendly reception staff, your physiotherapist, or fill out our Patient Satisfaction Survey on our website.

MEET OUR PHYSIOS



Kirsty grew up in the Gawler area and has been working in private practice for more years than she cares to acknowledge. She started Physio-Wise over 20 years ago, and has a strong emphasis for hands on Physiotherapy treatment. She likes to use home exercises as an adjunct to treatment "the treatment between treatments" and has also been trained in dry needling techniques.



Brooke has a special interest in Women's Health, including continence issues and pelvic floor dysfunction through all stages of life, but is especially passionate about helping women through pregnancy and the post-partum recovery process. Brooke also has a passion for incorporating Pilates- informed exercises into her treatments and into the group exercise sessions she runs through the week.



Jodi started in the field of physiotherapy a little later than most and went back to uni after a change in her life path. She started working at Physio-Wise in 2017 after completing her placement with us during her second year at UniSA. Jodi has a special interest in Women's Health. She loves working with patients and enjoys teaching them the benefits of our Clinical Exercise classes.



Sarah joined the Physio-Wise team in October 2021 whilst finishing her Bachelor of Physiotherapy (Honours). She loves having a good chat, especially if it's about the football. Sarah decided to become a physiotherapist to help people improve their health and achieve their goals in an active way. She has a strong interest in sports injuries and paediatrics.



Nicole completed her Bachelor of Physiotherapy (Honours) at UniSA in 2021 and graduated with a Class One Honours. She has enjoyed all aspects of physiotherapy throughout her studies, but has a special interest in paediatrics and Women's Health, as well as sharing a passion for neurological and musculoskeletal rehabilitation. Nic has a strong client-centred approach with manual-based therapy, and is also passionate about empowering and promoting independence in her clients with hydrotherapy, clinical exercise and pilates.



Mathieson completed his Masters of Physiotherapy (Graduate Entry) at the University of South Australia in 2019. With a prior bachelors of Human Movement (Exercise Sport Science) Mathieson has a keen interest in physical activity, sport and active management of conditions with a special interest in the upper limb. Mathieson has an excellent holistic approach to care with manual and exercise therapy, along with dedicated management designed to maximise outcomes based on the individual's needs, interests and goals.



Ben completed a Masters of Physiotherapy in 2022 after previously graduating with a Bachelor of Sport and Exercise Science at UniSA. He has always had an interest in human performance, however it wasn't until a string of injuries in his early 20's that he discovered a passion for injury and pain management. Ben is a warm and friendly physio with interest in manual therapy, exercise therapy and having a laugh with his clients and workmates.