

Physiotherapy



What does a physiotherapist do?

Physiotherapists help people to prevent and manage chronic conditions through physical activity as a part of a healthy lifestyle.

A physiotherapist can help you with:


- Advice and treatment of physical problems which come from injury, disease, illness and ageing
- Strengthening your muscles
- Improving your balance, walking and other activities
- Decreasing your pain
- Enhancing your joint movement and flexibility
- Improving your breathing or lung conditions
- Making a plan to help you reach your goals

Service locations:


Sunbury and Cobaw Community Health

- 12–28 Macedon Street, Sunbury
- 1 Caroline Chisholm Drive, Kyneton

How to make an appointment:

 Please call 9744 4455 (Sunbury) or 5421 1666 (Kyneton) for more information

 admin@scchc.org.au

 www.sunburycobaw.org.au

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HEALTH**

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