

Our ability to move is fundamental to our ability to live a vital and fulfilling life. Movement dysfunctions will impair our performance at work and play, impede our health and potentially lead to pain and disease. Our approach to treatment does not just focus on the sight of pain, but to all of the factors that have contributed to that pain. We are interested in getting you pain free, but also ensuring that the injury does not reoccur.

ASSESS, DIAGNOSE AND MANAGE PAIN:

When you first walk through our door, there is a high likelihood that you are in pain and you have a level of uncertainty around the injury that you have sustained. "When will I be able to play my sport again?" "How bad is the injury?" "How long will I need to take off work?" Your physio's first job is to ensure that we know what we are dealing with. This will likely require a range of different tests. Next we need to be able to help you to manage pain – this may include hands on physiotherapy treatments, advice, education and prescription of basic exercises.

RESTORE MOBILITY:

Once we have pain under control, and your physio is happy that you are recovering well, we will focus on healing you to restore movement. This will likely be a combination of hands on physiotherapy and specific exercises that you can do at home or in the gym.

IMPROVE STRENGTH AND STABILITY:

This phase of your physical recovery is vital to making sure that you have fully recovered and then some. Generally this phase of recovery will be exercise based. Get ready to work!

FUNCTIONAL STRENGTHENING:

To ensure that your recovery is full, and that you can reintegrate back into work, sports or play, your physio will take you through a program to make sure that you have the strength to get back into a full level of activity and perform to your best.

OUR APPROACH | TRINITY PHYSIO



ASSESS, DIAGNOSE
AND MANAGE PAIN



RESTORE MOBILITY



FUNCTIONAL
STRENGTHENING



IMPROVE STRENGTH
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