Physiotherapists with extensive experience in managing musculoskeletal pain and instability associated with hypermobility.

From School age children to adolescence and to adulthood and beyond.

We are passionate about working to improve the health and wellbeing of all hypermobile people.

www.physiotec.com.au

Contact PhysioTec on
(07) 3342 4284
clinic@physiotec.com.au
and ask for the Hypermobility team.

23 Weller Rd, Tarragindi, Qld, 4121
Marshall Rd exit off M3 if travelling from the north (from city),
and Gaza Rd exit if travelling from the south (from Gold Coast)
WHAT WE OFFER:

• **Screening & Prevention**
  Assessments to determine if there is hypermobility; general advice and “pre-hab” for those who are hypermobile. Work on improving posture and strength to help prevent development of musculoskeletal issues.

• **Posture and Functional Movement Assessment**
  We look at the way the whole body moves and how the limbs interact with the trunk. We then develop a rehabilitation plan to address any postural or movement issues so the whole body can move with greater ease.

• Improve endurance and build muscle strength to do more of the things that matter.

• **Real Time Ultrasound**
  Muscle imaging to determine the pattern and timing of muscle use. Retraining of the deeper muscles can enhance joint control and stability.

• Specific joint assessment for all body areas including neck, shoulder, back, hip, pelvis, knee and foot.

• Development of pacing strategies and individualised progression of exercise to aid reduction of pain flare ups.

• Small-group, equipment based, Pilates classes with exercises that focus on motor control, stability & safe strengthening.

• Progression and technique adjustment for the gym and sport.

• Safe weight lifting training and running/cycling assessments

• Liaison with your GP, Specialists and other members of your multi-disciplinary team

EDUCATION AND KNOWLEDGE:

• Learn about stiffness and the best ways to manage this

• Hints and Tips to cope with everyday life

• Advice on taping and bracing

• Development of pain management strategies and understanding the underlying mechanisms associated with chronic pain

• Discussion about the hypermobility spectrum including - Joint Hypermobility Syndrome and Hypermobile Ehlers-Danlos Syndrome, and other connective tissue disorders

• Learn about non-musculoskeletal symptoms that are commonly related to hypermobility