



PHYSIOTHERAPY

Physiotherapy is a treatment method that focuses on the science of movement and helps people to restore, maintain and maximise their physical strength, function, motion and overall well-being by addressing the underlying physical issues.

Physiotherapists assess, diagnose and treat a patient using knowledge of anatomy and physiology to rehabilitate and improve a person's ability to move and function.

Medicare rebates of \$53.80 are available on care plans prepared by your GP and private health rebates are also available.

ANJANA NARSAI PHYSIOTHERAPIST BHSC(PHYSIO)

Anjana completed her physiotherapy degree BHSc(Physio) in Auckland, New Zealand; graduating in 2007. She has worked in private clinics in New Zealand and Australia and has been based in the Tweed/Byron area for the past 8 years. Her clinical experience involves treating sports injuries, workplace injuries, arthritic conditions, surgical prehab and rehabilitation, whiplash, cervicogenic headaches, postural correction, pregnancy related pain and weakness, and everyday aches and pains.

Treatment of these conditions involves educating the patient, use of massage and joint mobilisations, stretching and strength exercises and can involve the use of sports tape to support and aid the patients awareness of the injured area. Anjana has further training in teaching clinical pilates, teaching restorative yoga, and using acupuncture and dry needling which she can incorporate into your treatment plan.

ANJANA IS AVAILABLE FOR APPOINTMENTS EVERY FRIDAY



SPECIAL INTEREST IN

- **Pregnancy and postpartum**
- **Incontinence**
- **Pelvic organ prolapse**
- **Whiplash**
- **Sports injuries**