BACK2IT
SPORTS PHYSIOTHERAPY
& FITNESS

WORKERS COMPENSATION & MOTOR VEHICLE ACCIDENTS

IF YOU ARE ELIGIBLE FOR COVERAGE FROM YOUR INSURANCE COMPANY, OUR TEAM OF PHYSIOTHERAPISTS CAN HELP

OUR MISSION
OUR PROCESS

YOU want to get back to normality with life as quickly as possible. **WE** want to meet your expectations with time and provide a quality of service that is a cut above the rest.

Back2it Sports Physiotherapy & Fitness is a 400-square meter facility that blends consult rooms with an extensive range of gym equipment to provide the most comprehensive and proactive approach to getting you back to the things in life that matter the most.

Our consult rooms provide improvements in pain and movement whilst our rehabilitation facility works towards increasing your strength and stability.

PYRAMID APPROACH

A serious accident can cause a large physical and mental burden on your life. At this point it's important that you begin:

Rebuilding from the ground up

Pain and Dysfunction

Assistance in getting your pain under control via daily management strategies and hands-on therapy in our consultation rooms.

Mobility

Restoring range of motion back to your baseline. An extensive range of techniques can be performed to ensure we have enough range of motion to be able to safely perform the exercises that are going to produce your longer term results.

Stability

With pain and mobility under control, it's time to work on stability about a joint. Gaining confidence in low level proprioceptive-based exercises ensures we get the right muscles activating in the right ways.

Strength

Now it's time to apply specific strength exercises with strong relevance to the functional demands of your workplace.

Work

The final stage, ensuring all of the prior steps have been successfully fulfilled to now resume normal work related duties.

TEAM COLLABORATION

Behind the scenes, our team is in regular close contact with both allied health and medical professionals, as well as your insurance case managers to ensure that everybody is working together to get the best possible outcome for your case.

All parties involved want to ensure you have the potential to get back to an even better version of yourself than previous. We pride ourselves on delivering prompt updates on your management plan so that we can progress you towards your goals as quickly and as safely as possible.

CLIENT-CENTRED APPROACH

It's your body and your goals! Our initial consultations are an opportunity to sit down and discuss everything you wish to get out of your time with our physiotherapists. Goal setting ensures that we remain on track at all times, and our trajectory is linear. Both your physical and mental wellbeing is our top priority and supported throughout the entirety of your rehabilitation journey.

CONTACT US

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