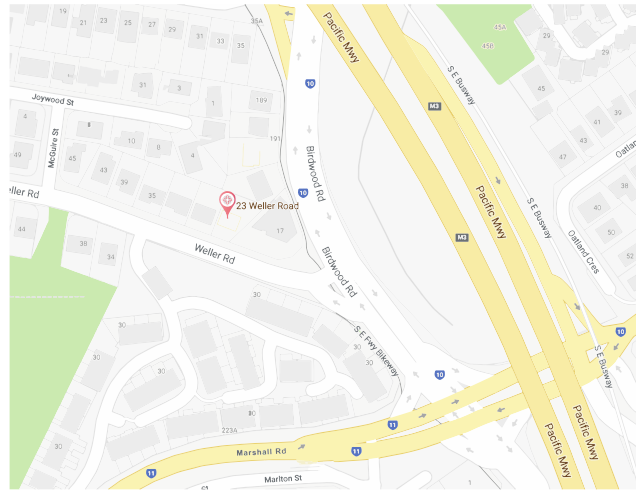




PhysioTec



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)

www.physiotec.com.au

Contact PhysioTec on

(07) 3342 4284

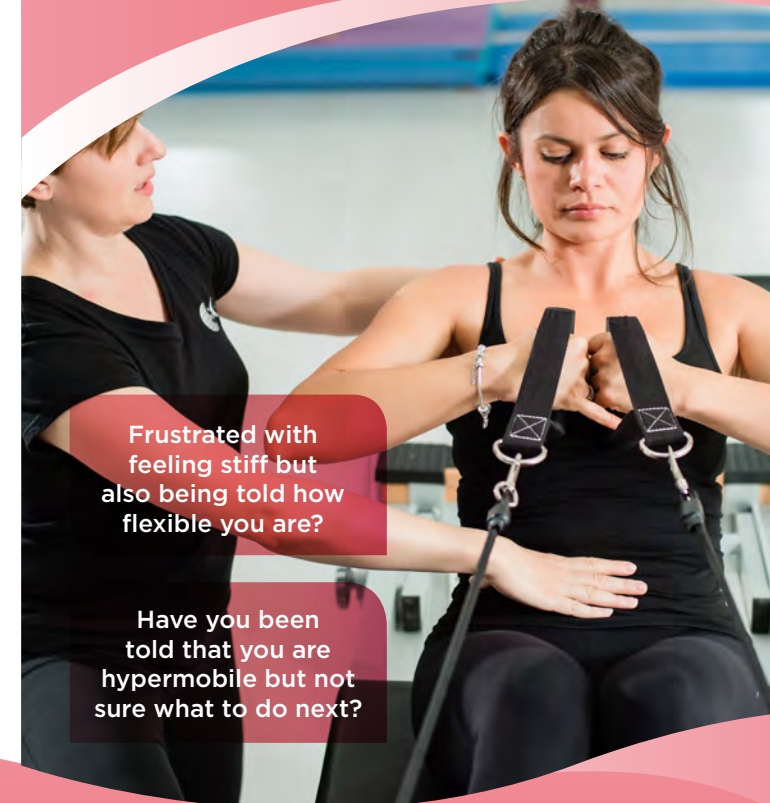
clinic@physiotec.com.au

and ask for the Hypermobility team.



PhysioTec

HYPERMOBILITY SERVICES



Frustrated with feeling stiff but also being told how flexible you are?

Have you been told that you are hypermobile but not sure what to do next?

(07) 3342 4284

clinic@physiotec.com.au

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

