

Physiotherapy



Keep moving with confidence

At BlueCare, we understand how important mobility is to your quality of life. Whether you're recovering from injury, managing a chronic condition or looking to stay stronger for longer, our physiotherapists are here to help.

We take the time to get to know you, designing evidence-based treatment plans tailored to your needs, lifestyle and goals.

Support for your body and your life

We work with people experiencing:

- Muscle or joint pain
- Reduced strength or movement
- Recovery after surgery or injury
- Falls or balance concerns
- Neurological conditions
- Age-related mobility changes

Services are delivered one-on-one or in group settings, either in your home or at a BlueCare centre—wherever you feel most comfortable.

How physiotherapy can help

We can help you:

- ✓ Relieve pain and stiffness
- ✓ Improve movement and strength
- ✓ Enhance balance and coordination
- ✓ Regain mobility after injury or surgery
- ✓ Prevent falls and further injury
- ✓ Build confidence in daily activities

We also provide support with walking aids, equipment recommendations and safe ways to keep moving at home.

Explore our full range of allied health services

Exercise physiology • Podiatry • Occupational therapy
Dietetics • Speech pathology • Social work
Psychology and counselling
Music therapy



Our physiotherapy services are available through:

- Support at Home
- Department of Veterans' Affairs
- Fee-for-service

Let's get you moving

Speak with us today to learn more or to book a personalised assessment.

 1300 258 322

 bluecare.org.au

 BlueCare -
in good hands

 **BlueCare**
Live life your way