

The latest knowledge – solid evidence

APA Musculoskeletal Physiotherapists keep up to date with the latest research findings and advances in how the spine, muscles and joints work by regularly attending courses and conferences throughout their working career. This knowledge is put immediately and constantly to work, as physiotherapists devise evidence-based treatment and fitness programs for their clients.

Australian musculoskeletal physiotherapists have an international reputation for the quality of their skill-based training and research. In fact, many of the ground-breaking techniques employed by physiotherapists worldwide are developed in Australia.

Prevention is better than cure

If you practice good working and moving habits, you are less likely to injure yourself again. Having identified the factors that led to a problem in the first place, your APA Musculoskeletal Physiotherapist can advise you on how to avoid musculoskeletal problems in the future.

Importantly, a qualified APA Musculoskeletal Physiotherapist will not only advise on what exercise to do, but will tell you when you shouldn't exercise; what movements or exercises to avoid; and if you need further medical involvement before safely embarking upon a new exercise program or returning to your normal daily activities.

Your health is in good hands

A proper assessment by an APA Musculoskeletal Physiotherapist will help ensure that you move and stay well, whether you are undertaking exercise, sporting activities, or simply maintaining your normal daily activities.



Give your body the best of care.
Consult your local APA Musculoskeletal Physiotherapist.

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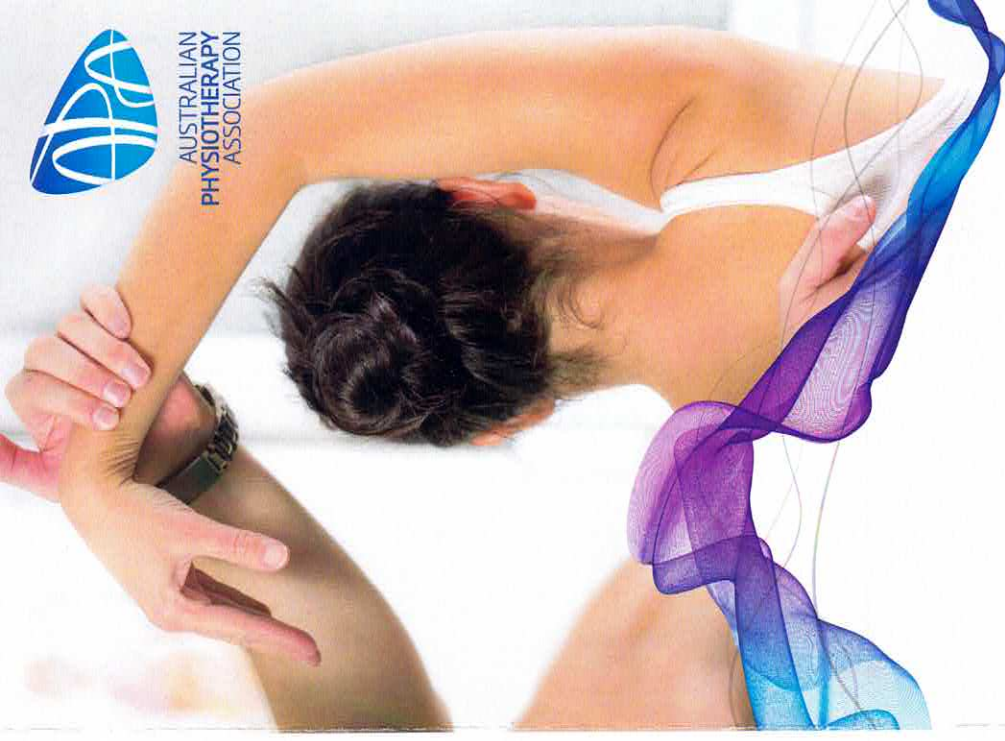
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Musculoskeletal physiotherapy

Give your body
the best of care

The best care for your body

If you have neck, back, joint or muscle pain then obviously you want the fastest - and longest lasting - relief possible. That's why musculoskeletal physiotherapy is your best option.

APA Musculoskeletal Physiotherapists are qualified health care professionals who treat musculoskeletal conditions, particularly neck and back pain. They employ the most advanced techniques and their results are sometime instantaneous.

More ways to help you move and stay well

Apart from providing rapid and effective drug-free pain relief, there are a number of important ways that musculoskeletal physiotherapy can help. APA Musculoskeletal Physiotherapists use advanced clinical assessment and diagnosis methods, and have been trained on a broader range of treatment techniques than many other health professionals. As a result, they are in the best position to improve your mobility, co-ordination, strength and overall fitness level.

APA Musculoskeletal Physiotherapists can offer assistance in many ways

- They will treat any underlying musculoskeletal problems.
- They can teach you about posture, how to move well, lift correctly, avoid muscle strain and injury and even return to fitness after childbirth, inactivity or illness.
- Mobilisation, manipulation, stretching, massage and exercise prescription are some of the key methods employed by practitioners to help improve your mobility.

- Precise, specific exercise advice can help you to correct faulty spinal movement and improve coordination, leading to smoother, pain-free movement.
- Customised exercise programs to improve power, endurance, work tolerance and overall fitness will help to increase your strength and prevent injury recurring.

What happens at the first consultation?

- Your practitioner will take a thorough medical history.
- Your posture and movements are examined and assessed.
- Specific muscle and nerve tests may be conducted to assist in the accurate diagnosis of your problem.
- Your physiotherapist will discuss the results and diagnosis with you and encourage you to ask questions and voice any concerns.
- You are advised about the most appropriate treatment for your condition.
- With your consent you will be treated to relieve pain and help regain movement.
- You are advised about other possible treatments if physiotherapy is not the best option.



The future – a plan to improve

Once your initial diagnosis and treatment has been carried out, your APA Musculoskeletal Physiotherapist will work with you to develop a plan for future management and improvement of your condition. They will give you a realistic idea of the number and frequency of treatments you are likely to need, and may prescribe a specific home exercise program to address your injury or disorder. They will outline what to do in your daily activities to maintain your improvement and to reach the optimal fitness level for your age and condition.

Expertise – where it counts

Every physiotherapist in Australia has achieved a university qualification as an absolute minimum, and is fully registered. Physiotherapists are therefore health professionals, deemed fully capable of independent assessment and clinical reasoning. You can consult a physiotherapist in private practice without referral.

APA Musculoskeletal Physiotherapists study beyond this level. In addition to their primary physiotherapy qualification, APA Musculoskeletal Physiotherapists have undertaken relevant postgraduate study and/or have extensive experience in the field of musculoskeletal physiotherapy so that they have expert knowledge of particular conditions or areas of the body. The title of **APA Musculoskeletal Physiotherapist** is awarded only to physiotherapists who have met the APA's rigorous professional competency standards in musculoskeletal physiotherapy.