

## Physiotherapy

At Health 2 You, we understand the unique needs and challenges that come with finding support that suits individuals. We are here to support every step of the way, ensuring their physical well-being and enhancing quality of life.

### Services offered

- General Physiotherapy
- Neurological and Disability care
- Musculoskeletal Physiotherapy
- Post Operative rehabilitation
- Balance and Mobility
- Many more...

### Funding schemes:

- ✓ My Aged Care Home Packages
- ✓ National Disability Insurance Scheme (NDIS)
- ✓ Private Health Insurance
- ✓ Private self-funded



1300 798 835



HELP@HEALTH2YOU.CO



VIC, AUSTRALIA

# Benefits Of Physiotherapy

## How Physiotherapy can help

- ✓ Improves overall strength and coordination
- ✓ Enhances mobility
- ✓ Falls prevention
- ✓ Reduces medication dependency
- ✓ Boosts cardiovascular and lung functioning
- ✓ Increases confidence
- ✓ Enhanced quality of life



# Why Health 2 You?



We place client needs at  
the centre of all services



We understand the  
complexities of support  
and make it easy for you



We're experts in working  
with individuals of varying  
needs

# How to book an appointment?

**We go to clients!**  
Request an appointment in  
the comfort of their home.

You can reach us at  
[health2you.co](https://health2you.co)



**Call 1300 798 835**  
or Email [help@health2you.co](mailto:help@health2you.co)



**HEALTH 2 YOU**