

HEALTH 2 YOU

Physiotherapy

At Health 2 You, we understand the unique needs and challenges that come with aging. We are here to support you every step of the way, ensuring your physical well-being and enhancing your 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

- ✓ Helps in avoiding surgery
- ✓ Improving overall strength and coordination
- ✓ Reducing the dependency on medicines
- ✓ Boosting cardiovascular functioning and lung capacity
- ✓ Improving mobility and balance
- ✓ Pain management and Fall prevention
- ✓ Managing heart and diabetic conditions
- ✓ Improving mental health & Enhanced quality of life



Why Health 2 You?



Before Meeting

After inquiring, you'll hear from us within 2 working days to check we're a good fit



First Visit

We'll come to you and assess your needs with reference to your home



After Visit

You'll receive a tailored Physiotherapy plan to support you

How to Book an appointment?

We come to you!
Request an appointment in
the comfort of your home.

You can reach us at
health2you.co



Call **1300 798 835**
or Email help@health2you.co



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