

## Physiotherapy

At Health 2 You, we understand the unique needs and challenges with finding the right support for you. We are here to help every step of the way, ensuring your 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



## What will happen?



### Before Meeting

After inquiring, you'll hear from us in 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](https://health2you.co)**



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



**HEALTH 2 YOU**