Powerhouse Physio

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Company logo

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Powerhouse Physiotherapy will get you back in action better, stronger and faster. We specialise in injury prevention, orthopaedic & exercise rehabilitation, sports & remedial massage and injury management.

Our team of experienced physiotherapists provide one-on-one consultations with an emphasis on prevention over cure. Of course if you are injured, we will use an evidence based approach to return you to your sport or activity feeling better, stronger and faster. All Powerhouse team members come from an elite sport based background and have a strong understanding of athlete requirements. Scroll down to meet the Powerhouse team.

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