



HEALTHY MOBILITY

Healthcare equipment and group
exercise classes

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Sports Taping Service

Saturday morning 8.30 - 9.30
(weekdays by appointment p: 6652 6001)



We will be running a physio taping clinic for pre-game taping. (Please note this service does not provide diagnosis or rehabilitation/ treatment by the physiotherapist. It is purely a service that provides sports injury taping).

Cost: \$ 5.00 for standard strapping (eg. ankle, knee, thumb) BYO tape.

\$ 10.00 for more complex taping (e.g. shoulder / AC joint) BYO tape

We sell premium quality strapping tape for \$11/roll

We can also recommend, supply and fit sports/ orthopaedic braces and devices



Roberta Power
(Physiotherapist)

Janelle Seccombe
(Pilates Instructor, PT Assistant)

Dr Joanne Munn
(Physiotherapist, PhD)