



FITNESS AND REHABILITATION



PREPARATION, RECOVERY AND FITNESS WITH EXPERT ADVICE

Brisbane Hip Clinic offers a comprehensive range of rehabilitation and conditioning programs tailored to suit to people of all fitness levels and goals. As our practice exclusively manages patients with hip disorders, our practitioners are highly experienced with the treatment of patients with hip injuries and after hip surgery.

SERVICES OFFERED AT BHC

- Physiotherapy
- Group Fitness
- Strength & Conditioning
- Pilates

HOW WE CAN HELP

- Correct muscular weakness & deficits
- Pre-surgical conditioning
- Post-surgical rehabilitation
- Non-surgical soft tissue therapies
- General fitness
- Specialised education & advice
- Goal setting & progress monitoring
- Resistance training & lifting technique
- Return to sport programs

CONTACT

Please contact us for more information, session availability and rates. Details are also available on our website.

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