Convenient location
Clinic reception is located on level 1
Therapies Building (Building 84A)
The University of Queensland
St Lucia 4072

Transport
Free parking close to the clinic.
Taxi drop-off is located outside the ground floor entrance.
Close to Bus Stops.

Flexible hours
Clinics offer appointments throughout the year
Monday to Friday 8:00am to 5:00pm.

No referral required
Unless accessing a Medicare Care Plan.

Fees
Competitive fee structure.
Health Care Card and Pensioner Concession Card
discount offered.

Phone: 07 3365 2232
Email: healthclinics@uq.edu.au
Web: health-clinics.uq.edu.au
What is musculoskeletal and sports injury physiotherapy?

Musculoskeletal physiotherapy focuses on the assessment and treatment of the musculoskeletal system. This may include:

- Bones
- Ligaments
- Tendons
- Muscles
- Joints
- Neural structures.

Sports physiotherapy relates to:

- Sports injury management and rehabilitation
- Sport-specific injury prevention
- Sports-specific strengthening programs.

Do you or someone you know suffer from?

- Neck pain, headaches and arm pain
- Low back pain, sciatica and sacroiliac dysfunction
- Arthritis
- Hip, knee, ankle and foot joint, muscle or ligament injuries
- Shoulder, elbow, wrist and hand injuries
- Fractures and dislocations
- Pre and post surgery
- Temporomandibular jaw and facial pain
- Postural problems and work-related injuries
- Sports injuries.

What we offer:

- Specific and individualised therapeutic exercise prescription
- Hands-on manual therapy
- Advice on ergonomics and postural correction
- Education about your condition and how you can manage it
- Preventative management
- Soft tissue or myofascial release
- Ultrasound imaging for muscle retraining
- Motor control retraining and core stability strengthening
- Neurodynamic mobilization
- Sports-specific screening and interventions – are specific to your sports requirements
- Sports and Postural taping
- Liaison with your GP or specialist about your physiotherapy care.