

We Provide

We are a team of expert Physiotherapists & Occupational Therapists providing primary acute care for closed shoulder, elbow, wrist and hand injuries.



We Treat

- ✓ Urgent fracture & dislocation management
- ✓ Sports-related injuries
- ✓ Sprains & strains
- ✓ Skier's thumb (UCL tears), mallet finger, tennis elbow, rotator cuff tear

INJURED PLAYING SPORTS?

We Provide Hand & Upper Limb Therapy Across NSW



Contact Us

☎ (02) 9743 4672

🌐 www.thehandsphysio.com.au

📍 Scan QR code for locations

info@thehandsphysio.com.au

ACTION REHAB
The Hands Physio

**INJURED YOUR
SHOULDER, ELBOW,
WRIST OR HAND?
TAKE ACTION**

**Get Urgent Care At
For Sports-Related
Injuries**

➤ (02) 9743 4672

➤ info@thehandsphysio.com.au

➤ **Locations across NSW**

YOUR INJURY | YOUR OUTCOME | OUR PASSION

We are experts in treating upper limb related sporting injuries. Sports injuries can be caused by an acute trauma or long term overuse or repetition. Often the injury requires splinting for protection.

We guide and progress your rehabilitation in line with tissue healing to safely get you back to sport as soon as possible. In some instances we fabricate playing guards to allow earlier return to sport.

WE PROVIDE

- Urgent same day appointments
- Referral to imaging
- Return to sports plan
- Strength & exercise rehabilitation
- Custom thermoplastic orthoses
- Management of upper limb conditions

HOW WE CAN HELP

We provide urgent on the day appointments for all injuries and have access to a broad group of surgeons if required.

LEARN MORE

We are here to assess, splint, exercise, strengthen, and rehabilitate injuries, helping our patients get back to what they love.

**SCAN TO
LEARN MORE**



 (02) 9743 4672