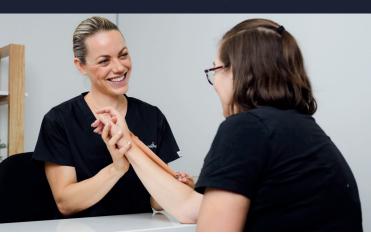
### We Provide

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
- Work related injuries
- Tendinpathies, De Quervain's, Tennis Elbow, Rotator Cuff
- Sprains & strains

## **INJURED AT WORK?**

We Provide Hand & Upper Limb Therapy Across NSW.



**>** (02) 9743 4672

info@thehandsphysio.com.au

➤ Locations across NSW

**ACTION** 

INJURED YOUR

# Contact Us

- (02) 9743 4672
- www.thehandsphysio.com.au
- Scan QR code for locations

info@thehandsphysio.com.au



Occupational injuries of the upper limb are particularly common in jobs that are highly repetitive in nature; seeking treatment early can help reduce the severity of symptoms and aids in faster recovery.

At Action Rehab we are able to provide advice and education with regards to your injury and provide suitable treatment modalities which may include ergonomic advice.

#### **WE PROVIDE**

- Urgent same day appointments
- Referral to imaging
- Return to work 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, rest, exercise, strengthen, and rehabilitate injuries and conditions, helping your patients get back to what they love.

