

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
- ✓ Tendinopathies, De Quervain's, Tennis Elbow, Rotator Cuff
- ✓ Sprains & strains

INJURED AT WORK?

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 Work-Related
Injuries**

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➤ **Locations across NSW**



YOUR INJURY | YOUR OUTCOME | OUR PASSION

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.

SCAN TO
LEARN MORE



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