

## MASSAGE THERAPY

PIH provides services that incorporate the use of massage therapy to facilitate mind-body relaxation as well as for sports performance enhancement.



## CORPORATE HEALTH & WELLNESS PROGRAMS

PIHC specialises in the provision of tailor-made corporate programs of a practical and unique nature for our clients who are represented in the top tier corporate & business sector, government agencies & departments, sporting groups and other associations.

## PIH CYCLING PROGRAMS

PIH also offers wellness programs for patients and the community with the PIH Cycle Skills Course and Advanced Cycling Team conducted by qualified cycling and health professionals. Bike Ergonomic Assessments also available. See [www.pihc.com.au/cycling](http://www.pihc.com.au/cycling) for more information.



For more information contact Ian Wee: [ianwee@pihc.com.au](mailto:ianwee@pihc.com.au)

### **Other PIH Health Services include:**

Women's health research to assist women with neck and back problems

Thermal EMG scans for diagnosis of neuro muscular conditions

Specialised swimming programs to enhance performance

## **Clinic Locations & Opening Hours**

### • NORTHERN DISTRICTS CLINIC •

**Unit 12, 8 Booth Place, BALCATTA**

**Ph: 9240 5266**

**Fax: 9240 1522**

Monday: 6:00am - 6:30pm  
Tuesday: 6:00am - 6:30pm  
Wednesday: 6:30am - 6:30pm  
Thursday: 6:00am - 6:30pm  
Friday: 6:00am - 1:30pm  
Saturdays 7:00am - 10:30 am

### • PERFORMANCE ENHANCEMENT CLINIC •

**Located within:  
Melville Aquatic Fitness Centre  
Marmion St, BOORAGOON  
Ph: 9364 8626**

Monday: 9:00am - 8:30pm  
Tuesday: 7:00am - 6:30pm  
Wednesday: 6:00am - 8:30pm  
Thursday: 7:00am - 1:00pm  
Friday: 1:00pm - 6:00pm  
Saturday: 7:00am - 9:00am

**To make an appointment please**

**contact the clinics on**

**9240 5266 or 9364 8626**

Central Booking System

For further information

**[www.pihc.com.au](http://www.pihc.com.au)**

# Perth Integrated Health

*health*

*performance*

*wellness*



- BALCATTA & MELVILLE -

At Perth Integrated Health (PIH), we believe in utilising a multi-disciplinary team to provide practical-based health care to our patients in acute treatment, maintenance care and patient education.

Professional health services at PIH include:

**OCCUPATIONAL THERAPY**

*Do you suffer from muscle or joint pains, soreness or stiffness?*

With the aim of enhancing muscle alignment and body biomechanics, Occupational Therapy treatment includes:

- Neuromuscular care with hands-on soft tissue therapy to target specific muscles, tendons and ligaments.
- Stretch and exercise programs.
- Ergonomic consultations - home, office and vehicular.
- School programs educating in early intervention & prevention of chronic spinal muscular issues.



- Treatment of circulation issues with the KEY MODULE system.
- Dynamic HUBER and WHOLE BODY VIBRATION programs to target specific areas of the body for assessment, mobilisation and strengthening.

Hands-on treatment

**HUBER System**

PIH are the national leading practitioners for the HUBER system.

Applications include:

- Sports performance enhancement.
- Core muscle strengthening.
- Joint mobilisation & strengthening.
- Balance & coordination.



**KEY MODULE System**

Applications include:

- Swelling & fluid retention.
- Burns & scarring.
- Soft tissue repair.
- Rapid recovery rate post trauma/surgery.
- Fat mobilisation
- Cellulite management

**WHOLE BODY VIBRATION System**

This system uses vibration stimuli to improve muscular strength, power and restore the harmonic frequency of the body's musculature.

Applications include:

- Rehabilitation for neuromuscular conditions including strokes, Parkinson's and muscular dystrophy.
- Joint and soft tissue mobilisation.
- Lower back pain.
- Neck pain and stiffness.



**GENERAL PRACTITIONER**

PIH's General Practitioner specializes not only in sports science but also in looking after the health and clinical needs of you and your family.



**BIOMECHANICAL PODIATRY**

*Are achy, swollen or painful feet causing problems for you?*

Our feet provide the body's primary base of support and their condition is vital to our whole body's structural system. Podiatry provides consultancy for:



- Feet problems, shoe apparel, and diagnosis of feet-related pathologies.
- Biomechanical analysis of the feet and soft tissue treatment.

**EXERCISE PHYSIOLOGY & PERSONAL TRAINING**

*Are you looking for an exercise program to optimise your strength and fitness?*

Exercise Physiology enables you to get the most out of your exercise programs without the risk of injury.

Whether for prevention, rehabilitation or performance enhancement, exercise programs are designed & implemented by our own exercise physiologist and personal trainer according to your individual needs and goals.