



Kinima Physio Lives up to its Ancient Greek Namesake for Better Movement

Kinima Physio - Moving you towards an active & meaningful life

Kinima Physio takes its name from the ancient Greek word kinima, which means a movement of people working towards a common aim. Their goal is to provide the highest level of evidence-based treatments to help people manage pain, restore functionality, and improve performance.

To further that objective and in keeping with the Greek concept, Kinima Physio Directors, Rob O'Mahony and Alina Tran, have recently collaborated with Body Fit Training (BFT) West Perth and Snap Fitness West Leederville. The gym/fitness center and physiotherapy clinic, respectively, enables all three establishments to provide an elevated client experience and a strong sense of community.

Physio Subiaco heals and rehabilitates a variety of injuries sustained during sports and gym participation. The practice addresses lower back and neck pain due to multiple causes, and provides postural and ergonomic advice to minimize the potential of future injuries. Each treatment plan is tailored to the individual and their specific needs.

The physio Wembley practice is experienced in orthopaedic rehabilitation to rehabilitate clients post-surgery. The highly-trained physiotherapy team rehabilitate joint replacements and repairs, ankle stabilisations, and ACL knee reconstructions. Dry needling can be an effective treatment for releasing tension in muscle tissue, managing pain, and improving circulation to aid in healing.

Part of the healing and rehabilitation process includes strengthening the area surrounding the injury. Individuals have access to Pilates and exercise rehabilitation, and training load management. Running assessments and expert advice ensure the body is prepared well for future sporting, gym, and fitness endeavours.

The practice treats recreational and workplace injuries and those sustained in motor vehicle accidents, along with adolescent sporting injuries. The physio Leederville therapies available at Kinima Physio are also beneficial for a myriad of chronic conditions to help individuals return to their desired lifestyle as quickly as possible.

About Kinima Physio At Kinima Physio, we integrate clinical excellence with a unique client experience to create a local health movement that empowers as many people as possible. With 25 years of combined experience in the physiotherapy and health industries, including elite sports and orthopaedics, we offer the latest evidence-based treatment programs to instill clarity and understanding, restore function and confidence, and drive high performance. Connect with us on Instagram and Facebook.

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