



Kinima Physio's Evidenced-Based Therapies Improve Functionality, Mobility

At Kinima Physio, our core purpose is to create a health movement for people to live an active and meaningful life.

The ability to move is essential for people to stay healthy and pursue the activities they enjoy. Rob O'Mahoney, co-director and senior physiotherapist at Kinima Physio, provides a range of evidence-based therapies to foster functionality and performance, build strength, and improve mobility.

The practice also offers telehealth consultations online that are safe, secure, and convenient. It's an important safety measure in response to the COVID-19 pandemic, create management plans, and monitor individuals without the need for them to leave the comfort of home. Telehealth can be accessed from multiple types of digital devices through a private online video platform.

A wide variety of injuries and conditions can inhibit movement. Physio Perth city can assist with the healing, rehabilitation, and pain associated with injuries resulting from sports participation in children and adults, along with those sustained in vehicle accidents or slip and fall occurrences. Treatment is available for pre-operative and post-surgery needs.

Physio West Leederville encompasses Pilates and strength training to improve movement. The treatments aid in increasing balance, posture, and flexibility. The controlled movements help build strength and endurance. The movements may be performed on specialized equipment or a mat, depending on the needs of the individual, using resistance training.

Learning ways to mitigate the potential for an injury is equally important. Physio Leederville performs comprehensive running assessments to ensure individuals are performing optimally. Kinima Physio also provides injury prevention through identifying imbalances, control, mobility and function problems to create a program tailored to the individual that are delivered via a mobile app.

Physiotherapy is appropriate for current and past injuries, before and after surgical interventions, and to address chronic health conditions that inhibit movement and functionality. Kinima Physio therapies are equally beneficial for building strength, flexibility and endurance – all of which are critical for maintaining functionality and movement.

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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