



## Kinima Physio Therapies Heal a Myriad of Injuries Related to the Holiday Season

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.

Decorating for the holidays and enjoying time with family and friends is a time-honored tradition that brings joy to all. Rob O'Mahony, Co-Director and Senior Physiotherapist at Kinima Physio, knows that there are also some types of injuries that typically increase at Christmas and the practice offers science-based therapies to mitigate pain, rehabilitate, and restore functionality.

Kinima Physio provides expert advice and individualized treatment plans for sports injuries, spinal conditions, and to mitigate the potential for injuries in the future. Post-surgical and orthopaedic management, Pilates, dry needling, and running assessments are available to improve functionality and movement. Digital home exercise programs and monitored rehabilitation exercise offer additional convenience for individuals.

The stretching and reaching involved in decorating can result in strains, sprains, and overtaxed muscles. Falls from ladders also contribute to a significant number of serious fractures to misalignments that can create chronic pain and disability. Physio Perth City can treat those injuries, along with low back and neck pain through exercise therapies, dry needling, and mobilisation and manipulation.

Imbibing of alcoholic beverages typically increases during the holidays and drinking can result in a loss of equilibrium and slower reaction times. Physio West Leederville heals and rehabilitates injuries resulting from trip, slip, and fall accidents encompassing damage to bones, muscles, ligaments, joints, and tendons.

Even the gifts given to loved ones can result in minor or catastrophic injuries. Serious injuries can result from something as simple as stepping on a child's building block to trying out a skateboard and physio Perth treats injuries to children and adults. The practice's professionals regularly manage and treat injuries that includes dislocations and stress fractures, along with providing pre- and post-operative rehabilitation.

Kinima Physio understands that the holidays are a time for celebration and wants individuals to do so safely. If an injury does occur, the practice provides a comprehensive range of treatments, therapies, assessments, and monitoring. A custom treatment plan is created for each individual to ease pain, restore functionality, and safety evaluations can aid in preventing hospital readmissions.

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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