



Physio Wembley Experienced in Rehabilitating Injuries and Enhancing Performance

Kinima Physio Director, Rob O'Mahony, is committed to helping people manage pain, improve movement, increase performance, enhance mobility and rehabilitate.

Physiotherapy is beneficial for pain management, preparation for surgery, improve sports performance and to facilitate functionality. An increasing number of adults and adolescents are engaging in sporting activities. The therapies available at Kinima Physio address existing injuries and aid in reducing the potential for injuries in the future.

Kinima Physio utilizes effective evidence-based therapies to address back pain, sports injuries, pre and post-surgical procedures such as joint replacements, spinal surgery and soft tissue injuries. The practice provides running assessments, dry needling, clinical Pilates, and orthopaedic rehab.

The physio Subiaco practice offers video running assessments that identifies dysfunctional movements that are catalysts for injuries. Many individuals have acquired movement patterns that cause pain and prevent them from achieving peak performance. Corrective measures can be prescribed to optimise an individual's biomechanics for increased performance without pain.

Approximately 4 million Australians suffer with back pain at some point in their lives. Back pain can also affect the neck and is often a symptom of delayed onset muscle soreness. Any pain that's left untreated can worsen and can eventually transform into a chronic condition. The therapies available at physio Wembley relieves pain and assists proper functioning of the neurological system.

One of the best ways to reduce the potential for injuries is through building strength within the core. Therapeutic exercise programs and clinical Pilates accomplishes that and has other benefits. Physiotherapy increases endurance so individuals can follow their passion whether it's gardening or extreme sports. Physio west Perth enhances balance and strengthens pelvic muscles for improved stability. It's also effective for rehabilitation following an injury.

Kinima Physio Director, Rob O'Mahony, is committed to helping people manage pain, improve movement, increase performance, enhance mobility and rehabilitate. Each treatment plan is tailored to the individual and their specific needs to return them to their regular activities. The practice provides therapies for full body health and wellness at every stage of life.

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 orthopedics. We offer the latest evidence-based treatment programs to instill clarity and understanding, restore function, confidence and drive high performance. Connect with us on Instagram and Facebook.

Media Contact

Kinima Physio

Rob O'Mahony - Owner

Phone: (08) 6183 1865

Email: hello@kinimaphysio.com.au

Shop 4/110 Cambridge St.

West Leederville WA 6007

Australia

Website: www.kinimaphysio.com.au

Contacts

Kinima Physio

(08)61831865

mailto: admin@kinimaphysio.com.au