



**DON'T LET
YOUR KIDS BE
SIDELINED BY
PAIN OR INJURY**

WE PHYX YOUNG PEOPLE

TREATMENT CAN

**SUPPORT FULL RECOVERY
AFTER INJURY, SURGERY OR
BROKEN BONES**

**TEACH SAFE EXERCISE HABITS
FOR SPORTS PREPARATION
AND PHYSICAL FITNESS**

**IMPROVE PHYSICAL SKILLS
SUCH AS BALANCE AND
COORDINATION**

**IMPROVE OVERALL
DEVELOPMENT, MOVEMENT
ACQUISITION AND POSTURE**

Kids & adolescents

PhyxMe Physiotherapy & Rehabilitation

With a central focus on movement, physiotherapy is the best way to get your kids back doing what they love: running, jumping, playing sport and exasperating parents with endless amounts of energy!

Our dedicated physio team have a passion for sport and comprehensive understanding of young people.

Physio treatment is ideal for young people:

- with an injury
- with balance or co-ordination issues
- following a broken bone
- needing exercise advice or program for weight loss
- looking at improving their muscle bulk safely

Treatment methods include play, movement training, strengthening, stretching, motor learning and education.

Treatment involves assessment of any injuries or concerns, massage, taping, bracing and exercise advice / programming. We are keeping the next generation of Cairns kids doing what they love.

To book | 4053 4343 | phyxme.com.au
Piccone's Village on Pease Street
No referral required + health fund rebates

PhyxMe
Physiotherapy & Rehabilitation

