



Neuromuscular Health and Performance Enhancement for Basketball

Perth Integrated Health Clinic provides neuromuscular care that enhances muscle, joint and postural alignment and biomechanics. Hands-on soft tissue therapy is used to target specific muscles, tendons and ligaments, from the neck and shoulders through to the low back, hips, knees and feet. Postural alignment and biomechanical improvements are integral aspect of performance enhancement and injury prevention.

PIHC uses state of the art rehabilitative technology to enhance rehabilitation and performance.

Services available include:

- **Soft Tissue Occupational Therapy**– hands on treatment for repair and injury
- **Huber**– core strengthening and improve balance and symmetry
- **Key Module**– reduce swelling and injury time
- **Exercise Physiology**– improve areas of weakness
- **Podiatry**– biomechanics of the feet
- **Naturopathy**– Nutrition and internal health
- **Massage Therapy**– Relaxation, repair and recovery
- **Counselling**– Dealing with stress and issues



For a **complimentary neuromuscular and fitness check up**, phone 9240 5266 and book in at either the Northern Districts Clinic in Balcatta or Performance Enhancement Clinic Melville to see Julian Mancini our resident Basketball practitioner

**For more information contact Julian Mancini on 0439 951 010
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