

MASSAGE THERAPY

PIH provides services that incorporate the use of massage therapy to facilitate mind-body relaxation as well as for sports performance enhancement.



CORPORATE HEALTH & WELLNESS PROGRAMS

PIHC specialises in the provision of tailor-made corporate programs of a practical and unique nature for our clients who are represented in the top tier corporate & business sector, government agencies & departments, sporting groups and other associations.

PIH CYCLING PROGRAMS

PIH also offers wellness programs for patients and the community with the PIH Cycle Skills Course and Advanced Cycling Team conducted by qualified cycling and health professionals. Bike Ergonomic Assessments also available. See www.pihc.com.au/cycling for more information.



For more information contact Ian Wee: ianwee@pihc.com.au

Other PIH Health Services include:

Women's health research to assist women with neck and back problems

Thermal EMG scans for diagnosis of neuro muscular conditions

Specialised swimming programs to enhance performance

Clinic Locations & Opening Hours

• NORTHERN DISTRICTS CLINIC •

Unit 12, 8 Booth Place, BALCATT A

Ph: 9240 5266

Fax: 9240 1522

Monday: 6:00am - 6:30pm
Tuesday: 6:00am - 6:30pm
Wednesday: 6:30am - 6:30pm
Thursday: 6:00am - 6:30pm
Friday: 6:00am - 1:30pm
Saturdays 7:00am - 10:30 am

• PERFORMANCE ENHANCEMENT CLINIC •

Located within:
Melville Aquatic Fitness Centre
Marmion St, BOORAGOON
Ph: 9364 8626

Monday: 9:00am - 8:30pm
Tuesday: 7:00am - 6:30pm
Wednesday: 6:00am - 8:30pm
Thursday: 7:00am - 1:00pm
Friday: 1:00pm - 6:00pm
Saturday: 7:00am - 9:00am

To make an appointment please

contact the clinics on

9240 5266 or 9364 8626

Central Booking System

For further information

www.pihc.com.au

Perth Integrated Health

health

performance

wellness



- BALCATT A & MELVILLE -

At Perth Integrated Health (PIH), we believe in utilising a multi-disciplinary team to provide practical-based health care to our patients in acute treatment, maintenance care and patient education.

Professional health services at PIH include:

OCCUPATIONAL THERAPY

Do you suffer from muscle or joint pains, soreness or stiffness?

With the aim of enhancing muscle alignment and body biomechanics, Occupational Therapy treatment includes:

- Neuromuscular care with hands-on soft tissue therapy to target specific muscles, tendons and ligaments.
- Stretch and exercise programs.
- Ergonomic consultations - home, office and vehicular.
- School programs educating in early intervention & prevention of chronic spinal muscular issues.



- Treatment of circulation issues with the KEY MODULE system.
- Dynamic HUBER and WHOLE BODY VIBRATION programs to target specific areas of the body for assessment, mobilisation and strengthening.

Hands-on treatment

HUBER System

PIH are the national leading practitioners for the HUBER system.

Applications include:

- Sports performance enhancement.
- Core muscle strengthening.
- Joint mobilisation & strengthening.
- Balance & coordination.



KEY MODULE System

Applications include:

- Swelling & fluid retention.
- Burns & scarring.
- Soft tissue repair.
- Rapid recovery rate post trauma/surgery.
- Fat mobilisation
- Cellulite management

WHOLE BODY VIBRATION System

This system uses vibration stimuli to improve muscular strength, power and restore the harmonic frequency of the body's musculature.

Applications include:

- Rehabilitation for neuromuscular conditions including strokes, Parkinson's and muscular dystrophy.
- Joint and soft tissue mobilisation.
- Lower back pain.
- Neck pain and stiffness.



GENERAL PRACTITIONER

PIH's General Practitioner specializes not only in sports science but also in looking after the health and clinical needs of you and your family.



BIOMECHANICAL PODIATRY

Are achy, swollen or painful feet causing problems for you?

Our feet provide the body's primary base of support and their condition is vital to our whole body's structural system. Podiatry provides consultancy for:



- Feet problems, shoe apparel, and diagnosis of feet-related pathologies.
- Biomechanical analysis of the feet and soft tissue treatment.

EXERCISE PHYSIOLOGY & PERSONAL TRAINING

Are you looking for an exercise program to optimise your strength and fitness?

Exercise Physiology enables you to get the most out of your exercise programs without the risk of injury.

Whether for prevention, rehabilitation or performance enhancement, exercise programs are designed & implemented by our own exercise physiologist and personal trainer according to your individual needs and goals.