

*PIHC takes a great deal of interest in the health and performance of elite and recreational swimmers. Over the years, PIHC has created close bonds with state level clubs and has been committed to the prevention of injury and performance enhancement of high level swimmers.*

*Our knowledge of the rigors and schedules of swimming give us an understanding of the demands on swimmers and our focus on towards performance enhancement through proper biomechanics has seen fantastic results among the clubs in which we work with.*

# Perth Integrated Health Clinic

**Northern Districts Clinic**  
Unit 12, 8 Booth Place, Balcatta  
Ph: 9240 5266

## **Performance Enhancement Clinic**

Melville Aquatic & Fitness  
Centre, Marmion Street,  
Booragoon  
Ph: 9364 8626

**Fax:** 9240 1522

**Email:**

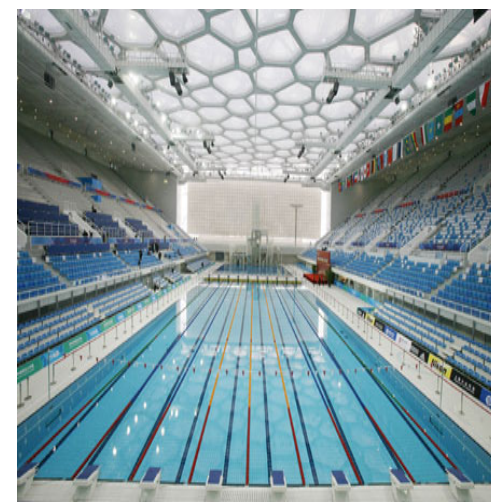
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# Perth Integrated Health Clinic

## Swimming



# Perth Integrated Health Clinic– Swimming

## Treatment for Swimmers

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



## Performance Enhancement

PIHC uses state-of-the-art rehabilitative technology to

**HUBER** promotes core stability strengthening, joint mobility, flexibility, balance and coordination. It dynamically adjusts the spine and muscles, as well as strengthening the anterior and posterior muscle chains. The Huber can be used to also improve bilateral symmetry an important aspect of performance.



**KEY MODULE** stimulates the muscles pre-exercise, or enhances recovery post exercise by mobilizing and stretching the muscle, as well as enhancing blood flow to increase nutrient delivery and remove



lactic acid and swelling.

**NEURO-AQUATHERAPY** a PIHC innovation that treats individuals in the water. This method has been seen to increase freedom in joints and muscles due to the relaxing nature of being in a warm environment with reduced state of gravity.



Other Services available include

- GENERAL PRACTITIONER
- EXERCISE PHYSIOLOGY
- PODIATRY
- MASSAGE THERAPY