



Wollongong Performance Centre

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Wollongong

65 Auburn Street | 02 4227 1990

Woonona

44 Hopetoun Street | 4285 8532

Kiama

15/3 Brown Street | 02 4233 1851

Shoalhaven

78 Bridge Road | 02 4422 7715

www.baimedphysio.com.au



Did you know?

OSTEOPATHS TREAT MUCH MORE THAN YOU THINK.

Osteopathy is a whole body approach to healthcare that recognises the important link between the structures of your body and the way the body works. Osteopaths focus on how your skeleton, joints, muscles, nerves and circulation operate together to improve your health and well-being.

An Osteopath treats a wide variety of musculoskeletal problems that can often be complicated by other chronic health problems. These include headaches, back and neck pain, TMJ (jaw) pain, sciatica, heel and foot pain, shin splints, tennis elbow, carpal tunnel syndrome, repetitive strain injury, whiplash and various postural problems. Osteopathy also works in conjunction with other therapies to manage symptoms associated with asthma, arthritis, digestive problems and pregnancy to name a few.

What BaiMed Osteopathy offers

- Postgraduate qualified team of Osteopaths.
- Thorough patient-centred approach to treatment.
- Goal-oriented treatment plans incorporating various hands-on techniques.
- Comprehensive education about conditions and treatment plans to help ensure success.

To find out more or for an appointment please call us today.

Appointments are available at both Woonona on (02) 4285 8532 and the BaiMed Performance Centre (Wollongong) on (02) 4295 0707.

