

We've got you Covered

- ✓ Private health insurance claims
- ✓ Work Cover, TAC & DVA patients
- ✓ Medicare cover for valid Chronic Disease Management plans
- ✓ 10% discount for pensioners & health care cardholders



Reloading the Feel-good Factor

The community is our lifeblood, and we're committed to making it a better place. The Sydney Road practice is as much yours, as it is ours.

For every new patient welcomed to our practice, we donate to headspace Collingwood or the Cancer Council - the choice is yours!

At the end of each month, we'll tally up the amounts and donate to the respective charities accordingly.




Book Online

 reload.physio/book-now

We can't wait to see you.

Call Us

 (03) 9386 4142

Give us a call if you would like to speak to one of our friendly staff members, or book over the phone.

Telehealth

 reload.physio/telehealth

Can't drop in? Say hi remotely with our telehealth consulting.

Technology is a wondrous, nifty thing.

With just a phone, laptop or computer (webcam-enabled), you can book a physiotherapy consultation with Reload Physio from the comfort of your own home.

Visit the Practice
789 Sydney Rd, Brunswick

Email Us
hello@reload.physio

Opening Hours
Mon-Thurs 7am - 8pm Fri 7am - 7pm Sat 8am - 2pm

YOUR BRUNSWICK LOCAL
Reload PHYSIO
SINCE 2004



Our Services

Relieve the hurt, regain the movement,
reload for resilience.

Empowering you to achieve your physical goals.

Life's a sport, you're the athlete. We'll keep you reloaded so you can go for gold. We've got you.

Physiotherapy

Making you better than yesterday

Whether you're recovering from an injury or managing a chronic condition, our team is here to help you achieve your physical best.

From hands-on soft tissue treatments to personalised exercise programs and ongoing education, our diverse range of physiotherapy services will get you to where you want to be.

Myotherapy & Physio Massage

The remedial touch

A 'passive' technique, remedial massages can provide immediate and short-term relief from muscle tightness, tension or discomfort.

Reload Physio's results-driven massage services can lend a helping hand (pun intended) to your injury management plan.



Running

Racing you to the finish line

Don't let a running injury, past or present, be your achilles heel. We'll delve into the causes, finesse your form, and get you on track.

The Reload Physio team will complement your running goals with comprehensive running assessments, training plans, recovery and rehabilitation programs.

Move & Control

Clinical Pilates, the Reload Physio way

We make your transition from injury recovery to strength training easy, with Pilates-inspired exercises and equipment.

With tailored one-on-one sessions and small group classes, Move and Control is designed to help you regain control of your body and get you moving again.

Women's Wellness

Your body, your health, your future

From pregnancy to childbirth, women's bodies are built to adapt to a plethora of changes.

Our experienced team offers discreet women's physiotherapy treatments, alongside pre-natal and post-natal assessments and exercise programs.

We also help elite female athletes tackle urinary incontinence and pelvic floor dysfunction issues, to keep them performing at their best.

Strength & Rehab

The dynamic duo for ongoing resilience

At Reload Physio, we team your injury rehabilitation with progressive strength training, geared towards building up your resilience in the long run.

As part of your injury rehab, we'll customise an exercise program that factors in your injury history, current levels of conditioning and fitness, as well as your personal goals.

