

## Physio Plus

PHYSIOTHERAPY AND SPORTS INJURY CLINIC

PHYSIOTHERAPY

PLUS HYDROTHERAPY

PLUS SPORTS MASSAGE

PLUS MUSCULOSKELETAL EDUCATION

Ask about Home Visits or Massage Courses.

OPEN 7 days & afterhours.

SHOP 5 METROPOL  
Cnr Pine Mtn. Road & Creek Road  
CARINDALE 4152

PH: (07) 3219 3700  
0400 849 610



### MUSLIM WOMEN'S WEEKLY

### HYDROTHERAPY CLASSES

SATURDAY'S 11:30am-12:30

(Also individual Hydrotherapy before class and Small Group Swimming Lessons after the class)

Run by **MALEHA NEWAZ**, Australia's only  
**FEMALE MUSLIM PHYSIOTHERAPIST &  
HYDROTHERAPIST**

Held at private indoor heated hydrotherapy pool at POOL BLOCK C, Mt Gravatt WEST Special School, 49 Nursery Rd, Holland Park (same road as Holland Park Mosque)

# HYDROTHERAPY FOR MUSLIM WOMEN!

LET THE UNLOADING EFFECTS OF 32 -34 DEGREE WARM WATER RELIEVE YOUR ACHES, PAIN AND TIGHTNESS, WITH SUPERVISED EXERCISES PRESCRIBED FOR BACK, HIP, AND KNEE PAIN... WITH THE LATEST IN HYDRO-PILATES...AND AQUATIC PHYSIOTHERAPY EXERCISES

*Private Health Fund rebates available (Item # 555) after completion of casual pass or completion of 6 month membership with manual receipt posted in to your health fund*

*PHYSIO PLUS accepts MEDICARE EPC Rebate only with correct paperwork from GP - must attend clinic for at least initial assessment, medical screening and program planning PRIOR to attending first hydrotherapy session - this may also use one EPC session. ALL Medicare EPC rebate only patients are required to SWIPE their MEDICARE CARD ON THE DAY OF SESSION, or else pay the rebate only fee at the pool and take their receipt back to a Medicare Office to claim back their rebate.*

*Direct Billing for all Workcover and DVA patients with correct paperwork from GP and acceptance of claim - these patients are required to sign for their attendance on the day.*

**BOOKINGS ESSENTIAL AS PLACES ARE STRICTLY LIMITED PER SESSION**

**6 MONTHS CLASS PASS ENSURES A PLACE WITH FIRST BOOKINGS.... Only \$200 for 6 calendar months of unlimited classes! (includes pool entry fee)**

Or

**Single casual class pass \$25  
(includes pool entry fee of \$5)**

**SWIMMING LESSONS for Muslim Women are also available after the class - (12:30-1pm or 1-1:30pm, max 3 in a group) from \$20 per person per session - please register your interest...**

**Individual 1:1 Sessions for Hydrotherapy Treatments and Exercise Programs also available after the class**

**For 1:1 Individual sessions - Use your PRIVATE HEALTH INSURANCE or MEDICARE EPC Physiotherapy sessions provided by your GP's accepted MEDICARE EPC plan**

BOOKINGS VIA PHYSIO PLUS CLINIC on PH 07- 3219 3700