



About us



PHYSIOTHERAPY

At Thinkahead we understand the unique needs of children when it comes to physical health and development. Our dedicated team of experienced physiotherapists are committed to providing personalised care to infants, children, and adolescents, helping them reach their full potential and lead active, fulfilling lives.

Our Approach

We believe in a holistic approach to physiotherapy, addressing not only the physical challenges our young clients face but also their emotional and developmental needs. Our team works closely with families to create individualised treatment plans tailored to each child's specific goals and abilities.

Services

Our comprehensive range of services includes:

1. **Assessment and Evaluation:** We conduct thorough assessments to understand the unique needs of each child and develop personalised treatment plans.
2. **Developmental Delays:** We specialise in helping children overcome developmental delays, including gross motor, fine motor, and sensory delays.
3. **Orthopaedic Conditions:** From fractures to sports injuries, our physiotherapists are skilled in treating a variety of orthopaedic conditions in children and adolescents.
4. **Neurological Conditions:** We provide specialised care for children with neurological conditions such as cerebral palsy, spina bifida, and brain injuries, helping them improve mobility and function.
5. **Post-Surgery Rehabilitation:** Our team offers rehabilitation services for children recovering from orthopaedic surgeries, helping them regain strength, mobility, and independence.
6. **Sports Injuries:** We work with young athletes to prevent and treat sports-related injuries, helping them stay active and healthy.
7. **Pain Management:** Whether it's chronic pain or discomfort from an injury, we provide effective pain management strategies to improve quality of life.



We Specialise in

BEHAVIOUR
THERAPY

CHILD &
ADOLESCENT
ASSESSMENTS

COUNSELLING

OCCUPATIONAL
THERAPY

SPEECH THERAPY

GROUP PROGRAMS



Here's a closer look at some of our physiotherapy treatments tailored specifically for young clients:

1. Developmental Activities

- We use age-appropriate activities to encourage the development of motor skills such as crawling, walking, jumping, and climbing.
- These activities are designed to promote strength, balance, coordination, and gross motor skills in infants, toddlers, and young children.

2. Strengthening Exercises

- Specific exercises are prescribed to strengthen muscles that may be weak due to injury, developmental delays, or neurological conditions.
- Strengthening exercises help improve stability, endurance, and overall functional abilities in children and adolescents.

3. Range of Motion Exercises

- Range of motion exercises are aimed at improving flexibility and joint mobility.
- These exercises are particularly beneficial for children with conditions such as cerebral palsy, muscular dystrophy, or after orthopedic surgery.

4. Balance and Coordination Training

- Balance and coordination training activities help children improve their ability to maintain equilibrium and perform coordinated movements.
- These exercises are essential for enhancing mobility, preventing falls, and promoting independence in daily activities.

5. Gait Training

- Gait training involves exercises and activities aimed at improving walking patterns and gait mechanics.
- Our physiotherapists assess gait abnormalities and develop tailored interventions to optimize walking function and mobility.

6. Parent Education and Home Exercise Programs

- We believe that parents play a crucial role in their child's therapy journey. That's why we provide education and support to parents, equipping them with the knowledge and tools they need to support their child's progress at home.
- Home exercise programs are tailored to each child's needs and may include exercises, stretches, and activities to promote ongoing progress between therapy sessions.



CONTACT US TODAY

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ReachUp
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