Don’t waste another minute of your precious exercise time worrying about injuries, niggles, postural issues and the like. Come and poke your head inside the door of Woodvale Physiotherapy Centre (ECU reception area) and get help fast, effectively and with the added bonus of onsite treatment.

Claire is an Australian Physiotherapy Association registered physiotherapist with 30 years experience in all aspects of physiotherapy. She has specialist interest and qualifications in musculoskeletal injury and dysfunction and prescription bike fitting.

After an initial assessment prescriptive treatment may include (but is not limited to):

- Soft tissue techniques
- Joint mobilisation and manipulation
- Deep tissue massage
- Trigger point therapy
- Muscle energy techniques
- Taping for injury support/prevention
- Dry needling
- Exercise advice (liaising with a personal trainer as appropriate)
- Postural education

Health Fund Rebates apply for eligible patients with or without a doctor’s referral. (For worker’s compensation and motor vehicle claims a referral from your GP is required.)
Claire Hannan is a member of the Australian Physiotherapy Association, has a postgraduate qualification in manipulative physiotherapy, is a titled member of Musculoskeletal Physiotherapy Australia and is a member of both the Australian Sports Physiotherapy and the Womens Health special interest groups.

Note: Prescription Bike Fitting can be carried out at both the Woodvale and ECU Sports Joondalup locations.