



What can a Physio treat and what do they do?

Physiotherapy can help a vast array of soft tissue, spinal, and nerve problems. Mead Street Physio offers the advantage of Sports and Manipulative Therapy: titles that recognise the world-class expertise in the diagnosis and management of sporting and spinal injuries.

If your condition is acutely painful, Mead Street Physios provide safe and effective pain-easing techniques and strategies including massage, manipulation, acupuncture and ultrasound. In conditions involving more persistent pain, the further addition of specific exercise protocols can help minimise the negative impact of chronic deconditioning and loss of function.

JASON WELLS

Jason is the principal physiotherapist at the clinic and has completed specialty training in the area of Sports, Manipulative Physiotherapy, acupuncture and Clinical Pilates. He has worked extensively with elite athletes including those at the Adelaide Crows, the Sydney Olympics and the Commonwealth Games. He lectures on the doctor (GP) training program and has further qualifications in psychology. Jason's specialty is in chronic pain management, manual therapy, Pilates and exercise prescription.



NEIL DROUET



Neil has a strong background in exercise science and injury management. He has completed a degree in Sports Science and a Masters Degree in Physiotherapy. Neil has been a team physio in the WAFL, the State Soccer

Premier League and at the Hopman Cup. Neil has previously worked as an exercise physiologist, a personal trainer, and a group fitness instructor. He has lectured at the Edith Cowan University on the Sports Science Course.

MEAD STREET
PHYSIO CLINIC



*"YOUR BODY IN
MOTION"*

SPORTS & MANIPULATIVE
PHYSIOTHERAPY

9293 1800

Unit 1/13 Mead Street

Kalamunda



Mead Street Physio Clinic has a reputation for friendly, prompt and specialised care. Its physios have advanced training in sports injury and spinal pain management and a combined total of over 24 years of clinical experience.

The clinic has close professional ties with local doctors and Perth medical specialists, and it participates in the statewide doctor (GP) training program.



By sponsoring a number of local community groups, Mead Street Physio Clinic is committed to supporting and involving itself in the Kalamunda Shire.

Mead Street Physio welcomes all classes of patient including those who are privately funded or compensable, pensioners, or those that are referred under enhanced primary care (Medicare) and Veterans Affairs. The clinic is equipped with a HICAPS and EFTPOS machine allowing on-the-spot convenient payment options.

Sports & Manipulative Physiotherapy

Mead Street Physiotherapy Clinic offers specialised Sports and Manipulative Therapy. Our advanced skills in the area of sporting and spinal injuries ensure you receive world-class management of your injury. The clinic operates according to the very latest scientific research findings, which allows us to help get you better faster.

Jason and his associates have extensive experience in treating a large number of conditions and have been involved with a number of elite and amateur sporting clubs. They are involved in on-going professional education to ensure that you receive the most up-to-date care.



Pilates

The Pilates exercise approach is now a popular way of regaining and maintaining your health. It combines a simple gentle exercise approach using key research findings to target specific postural muscles throughout your spine and limbs. Your physiotherapist will design a personalised routine specific to your needs that will be documented to allow you to work-out safely and effectively in our well-equipped Pilates studio.



Other Services Offered

Acupuncture

On-site Gym programs and tailored fitness packages

Group Supervised Clinical Pilates

More information and contact details can be found online at:

meadstreetphysio.com.au