



Thank you for your enquiry.

Every injury is unique.

Every person's situation is different.

At Therapia we welcome anyone who wants to lead a healthier life. Whether your goal is to get back into sport, recover from surgery or simply to better understand your body our team of qualified physiotherapists and allied health professionals can help you.

Conveniently located in the heart of Adelaide's West End, Therapia is a highly regarded practice which uses evidence based treatment methods and therapeutic exercise to improve your function and quality of life.

Our purpose built, state of the art facility houses the following services:

- **Physiotherapy**
- **Pilates**
- **Pregnancy Pilates**
- **Massage therapy**
- **Acupuncture**
- **Naturopathy**
- **Counselling**
- **Hypnotherapy**

We also offer workshops in the following areas throughout the year:

- **Pregnancy Yoga and relaxation**

Please contact one of our friendly staff on 08.8221.5011 for further details on any of our workshops.

We provide positive, individualised assessment and treatment with significant education and empowerment to better understand and take some control over chronic issues. To achieve this we spend quality time with each individual as per clinical indications.

Physiotherapy addresses specific rehabilitation needs. At Therapia, we take a holistic approach to identifying the source of your limitation or pain. This means we take your whole body into account when making a diagnosis and work towards a common goal with you.

Our Physiotherapist, Mukul Singla, is trained in the Pilates Method and therapeutic exercise. He has extensive experience in other areas of physiotherapy including the McKenzie Method (an effective diagnostic and treatment method for disc injuries, headaches, neck, thoracic and back pain), correction of pelvic and other joint asymmetries using muscle energy techniques, massage, joint mobilisation, dry needling and acupuncture.

The allied health team shares a special interest in Women's Health and offer services that include the management of incontinence, pelvic pain, bladder and bowel dysfunction (for both men and women), ante and post natal care and using non-invasive real time ultrasound imaging to assess and teach you correct exercise technique for your pelvic floor and deep abdominals.

They also have a special interest in hip, knee, foot, ankle and shoulder rehabilitation and the holistic management of injuries to provide a long-term solution.

Patient care is our number one priority. In every aspect of our practice we try to go above and beyond. Our holistic approach extends to our studio. Just as our tranquil treatment rooms and state-of-the-art equipment help patients stay healthy, our studio has been designed to be kind to the environment. Natural and sustainable materials have been used to minimise noise, maximise insulation and, importantly, reduce environmental waste.

Our practice comprises four tranquil treatment rooms, changing facilities as well as a large state-of-the-art pilates studio.

Please refer to our website, www.therapia.com.au, for further information about our staff and services or telephone 08.8221.5011 with any further enquiries. We hope to see you soon!

Kind regards,
Mukul Singla
Principal Physiotherapist

Our fees PER CLIENT are as follows:

Initial Consult - Pilates T500
(45 minutes) \$95.00

Standard treatment - Pilates T505
(30 minutes) \$80.00

Long treatment - Pilates T506
(45 minutes) \$95.00

Pilates - Group equipment session T560 (45 minutes) \$30.00
(maximum 5 clients in equipment class)

Pilates - Group equipment class
(block of 10) \$270.00

Pilates - 'Duets' (2 clients in a session)
(45 minutes) \$55.00

Pilates Mat class (casual)
(60 minutes) \$25.00

Pilates - Group Mat class
(block of 10) \$210.00

Restorative Yoga class (casual)
(60 minutes) \$25.00

Restorative Yoga class
(block of 10) \$210.00

Massage therapy
(60 minutes) \$80.00
(30 minutes) \$55.00

Western Acupuncture/ Dry needling
(45 minutes) \$95.00
(30 minutes) \$80.00

Naturopathy
(60 minutes) \$95.00
(30 minutes) \$68.00

Hypnotherapy
(45 Minutes) \$95.00

The above codes relate to health fund rebates – if you have private health insurance with extras cover, most funds will cover these items.