



proactive  
PHYSIO

**Proactive Physiotherapy**

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Email: [info@proactivephysio.co.nz](mailto:info@proactivephysio.co.nz)

Office staff: Casey and Morgane

Director & Senior Physio: Sonya Anderson

Physios: James Colgan, Claire Weaver, Stephen West

Massage therapist: Katrina

Proactive Physio provides a comprehensive range of sports and rehabilitation therapies and training to meet your personal needs. All our therapists are highly qualified and have many years of experience, so whether you have sustained a sporting injury or have a health issue that is affecting your life and wellbeing, **Proactive Physio** has a solution for you!

**Our main services include:**

- Rehab Gym & Exercises for Rehabilitation
- Rheumatology Physio & Orthopaedic Rehab
- Sports Injury Diagnosis & Treatment
- 15 Years' Experience As Rugby Physiotherapists
- Injury Assessments, Prevention & Rehab
- Manual Therapy

- Acupuncture
- Core Stability, Muscle Balance, & Posture Correction
- Arthritis & Chronic Disorders Rehabilitation
- Massage Therapy & The Bowen Technique
- PGA Certified Golf Analysis, Rehabilitation & Training
- Lactate & Fitness Testing and optimal HR Zones
- Kinesio Taping and Strapping For Events

Through continuing professional development, our experienced therapists can offer you the most up to date assessments and treatments for your condition.

We are committed to helping you understand your body, maximising your independence and improving your performance and function. In order to accurately assess and treat your injury, we offer extended one on one sessions.

Our therapists have a strong manual therapy approach which includes joint manipulation/mobilisation, acupuncture and soft tissue techniques. In conjunction with these, we will develop a specific rehabilitation programme which aims to prevent recurrence of your injury and will improve your overall function.

We believe in a “Proactive” approach to health. Prevention is better than cure!

Look for our orange tent at the finish line of races across the Wakatipu. We are committed to improving the health and fitness of our community and sponsor a number of local sports clubs.

You can read the full list of our services and staff qualifications at [www.proactivephysio.co.nz](http://www.proactivephysio.co.nz)!