

## We Provide

We are a team of expert Physiotherapists & Occupational Therapists providing primary acute care for closed shoulder, elbow, wrist and hand injuries.



## We Treat

- ✓ Urgent fracture & dislocation management
- ✓ Sports-related injuries
- ✓ Sprains & strains
- ✓ Skier's thumb (UCL tears), mallet finger, tennis elbow, rotator cuff tear

## INJURED PLAYING SPORTS?

We Provide Hand & Upper Limb Therapy Across Victoria.



## Contact Us

☎ 1300762227

🌐 [www.actionrehab.com.au](http://www.actionrehab.com.au)

📍 Scan QR code for locations

[aradmin@actionrehab.com.au](mailto:aradmin@actionrehab.com.au)

**ACTIONREHAB**  
Shoulder Elbow Wrist Hand

**INJURED YOUR SHOULDER, ELBOW, WRIST OR HAND?  
TAKE ACTION**

**Get Urgent Care At  
For Sports-Related Injuries**

➤ 1300762227

➤ [aradmin@actionrehab.com.au](mailto:aradmin@actionrehab.com.au)

➤ **Locations across VIC**



**CALL US ON 1300 762 227**



**YOUR INJURY | YOUR OUTCOME | OUR PASSION**

We are experts in treating upper limb related sporting injuries. Sports injuries can be caused by an acute trauma or long term overuse or repetition. Often the injury requires splinting for protection.

We guide and progress your rehabilitation in line with tissue healing to safely get you back to sport as soon as possible. In some instances we fabricate playing guards to allow earlier return to sport.

## **WE PROVIDE**

- Urgent same day appointments
- Referral to imaging
- Return to sports plan
- Strength & exercise rehabilitation
- Custom thermoplastic orthoses
- Management of upper limb conditions

## **HOW WE CAN HELP**

We provide urgent on the day appointments for all injuries and have access to a broad group of surgeons if required.

## **LEARN MORE**

We are here to assess, splint, exercise, strengthen, and rehabilitate injuries, helping our patients get back to what they love.

**SCAN TO  
LEARN MORE**



 **1300762227**