

# About Us

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

SHOULDER PAIN  
OR INJURY?

CALL US  
1300 762 227

Providing Hand &  
Upper Limb Therapy  
across Victoria.

GET IN CONTACT

✉ aradmin@actionrehab.com.au

✉ urgentcare@actionrehab.com.au

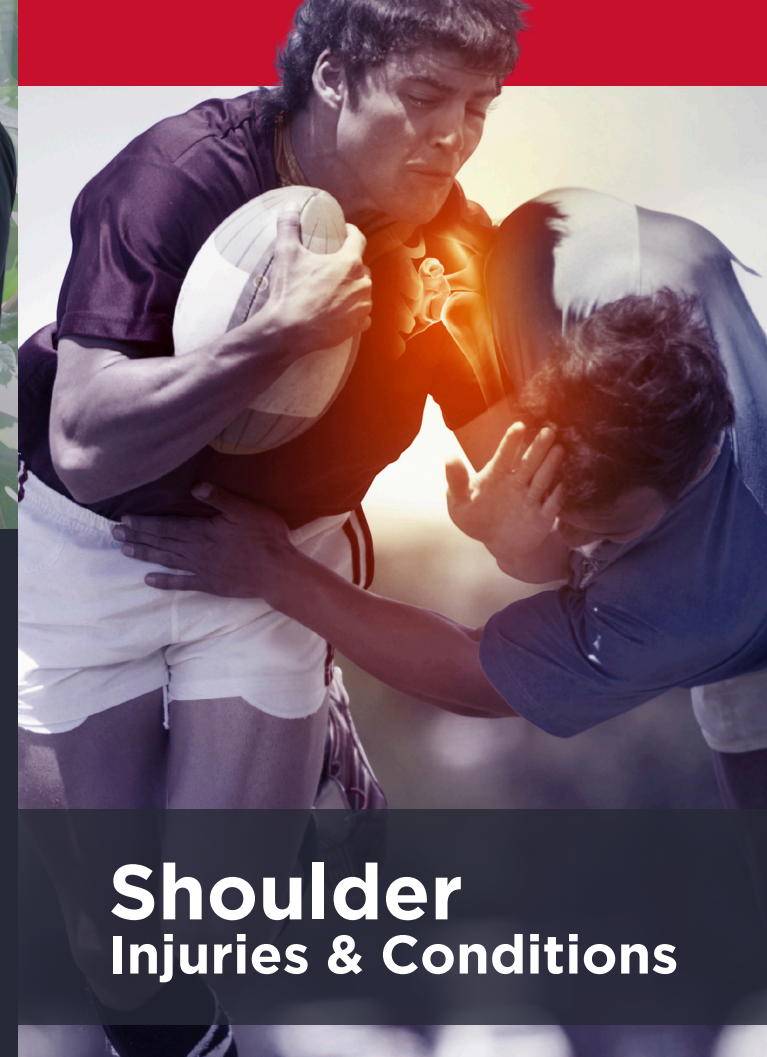
🏠 Clinics located throughout VIC

WANT TO  
LEARN  
MORE?

Scan for additional info



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



## Shoulder Injuries & Conditions

**ACTION REHAB**  
Shoulder Elbow Wrist Hand

📞 1300 762 227

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

📍 Clinics located throughout VIC

## We Treat

- ✔ Shoulder Dislocation
- ✔ Rotator Cuff Tear/Pain
- ✔ Shoulder Bursitis
- ✔ Frozen Shoulder
- ✔ Shoulder Replacement
- ✔ Acromioclavicular Joint

# Common Shoulder Conditions We Treat

## Glenohumeral Joint Osteoarthritis

Osteoarthritis presents with progressive pain, stiffness and functional limitation. It often effects the older population and can be seen on X-Ray.

Management at Action Rehab focuses on joint mobility and strength optimisation in order to maintain function and delay surgical intervention where appropriate.



## Rotator Cuff

Injury or irritation to the rotator cuff is the most common shoulder presentation to General Practitioners. In a vast majority of cases, non-operative management with an upper limb therapist is the most effective and evidence based management plan.

At Action Rehab, therapy aims to reduce pain and restore strength of the muscles and tendons through a series of exercise programs.



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

## Frozen shoulder

Characterised by a painful and stiff shoulder with a clear x-ray, caused by a thickening of the joint capsule. Most common in women aged 40 - 60. The cause is often idiopathic but commonly associated with diabetes and thyroid disease.

Our management focuses on pain reduction, range of movement and restoration of function. We provide education, individualised exercise programs, manual techniques and close monitoring of progression.



Sport related injuries

Urgent fracture & dislocation management

Frozen shoulder, rotator cuff, osteoarthritis, ACJ injuries

Sprains & strains

## 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.

- ✓ Immediate assessment
- ✓ Custom splints & sportsguards
- ✓ Triage to our large surgeon network
- ✓ Management of upper limb conditions
- ✓ Expert advice without a referral
- ✓ Referral to imaging

SCAN TO LEARN MORE

Scan for more info



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

1300 762 227