



Physi⁰²
RESPIRATORY PHYSIOTHERAPY

Helping Adelaide breathe easier - on the field, in the gym and in the home.

SPECIALIST RESPIRATORY PHYSIOTHERAPY

Breathless before everyone else at the gym?

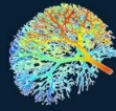
Asthma, a chest condition, or lungs still catching up after illness or surgery can hold your training back. Our physiotherapists help you breathe — and move — with more ease, so you can train harder and recover faster.

- Asthma, COPD & chest condition care
- Pulmonary rehab & breathing retraining
- Sports breathing & cardio endurance training
- Programs built around your goals

See how we support athletes & endurance training on the back →

8364 3706

respiratoryphysi02.com



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CONDITIONS WE TREAT

Asthma

COPD

Bronchiectasis

Long COVID

Pulmonary Fibrosis

Pre & Post-Surgery

Breathlessness on Exertion

Plus acupuncture, inspiratory muscle training and tailored home-based programs.

FOR ATHLETES & GYM-GOERS

Train your lungs like you train everything else

Breathing is a trainable skill. We work with athletes and gym-goers to build the respiratory strength and cardiovascular endurance that carries into every session.

- ✓ Inspiratory muscle training (IMT) to strengthen the diaphragm and delay breathlessness under load
- ✓ Cardiovascular endurance programs tailored to your sport and goals
- ✓ Return-to-training breathing retraining after illness, injury or surgery

WHY PHYSI02

- Physiotherapists trained in hospital respiratory & intensive care settings
- Pulmonary rehabilitation classes, four times a week
- Medicare (GPCCMP), DVA, NDIS & HICAPS accepted
- Locally owned & operated, home visits available

VISIT

Suite 11, 539 Greenhill Road
Hazelwood Park SA 5066

CALL

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*Scan to book
your appointment online*

