



About Body Smart Health:

At Body Smart Health, we are committed to providing personalised and evidence-based healthcare solutions. Our services include physiotherapy, exercise therapy, occupational therapy, dietetics and hydrotherapy.

Whether you seek relief from pain, injury rehabilitation, or want to enhance your overall wellness, our expert team tailors treatments to meet your unique needs.

Our clinics are equipped with state-of-the-art facilities and adhere to the highest standards of hygiene and safety.

We believe in fostering a warm and welcoming environment where clients feel comfortable and supported throughout their program. We are outcome oriented with a clear focus on getting clients back to their best as fast as possible.



Smarter health, for every body

Rapid access to Local
Physiotherapy services



Registered Provider
Queensland Police SelfRefer Program

Steps to access service

1. Scan QR code above to submit form
2. Attend your appointment and be sure to have your current QPS ID or badge handy, We will need to sight it for payment purposes.

That's it! You're on your way to accessing three funded sessions by the QPS Self Refer program.

Designed to support all Queensland Police Service personnel with a range of physiotherapy services. The program is anonymous and discreet.

Contact Us

BRISBANE NORTH
CABOOLTURE
PADDINGTON
REDCLIFFE

GOLD COAST
BURLEIGH
LABRADOR

BRISBANE SOUTH
BEENLEIGH
CLEVELAND
IPSWICH
SUNNYBANK



Call us on **1300 630 204**
bodysmarthealth.com.au



Scan me to get started with
funded Physiotherapy!



Why Body Smart Health?

Our team of experienced physiotherapists will assess your specific needs and goals to create a personalised program that suits your condition and individual requirements.

We provide industry-leading and evidence-based physiotherapy programs for a wide range of conditions. Our programs are designed to improve mobility, relieve pain, and enhance overall physical well-being. Some of the conditions and individuals we cater to include:



Physical Fitness & Strengthening Program

Designed to improve the physical performance, functional capacity, and overall well-being of clients. It focuses on enhancing strength, endurance, flexibility, mobility, and stability while considering the specific needs and goals of each patient.



Sports performance & injury

Designed for clients involved in sports activities who want to optimise their performance. It includes sport-specific exercises, strength and power training, agility and speed drills, injury prevention strategies, and techniques for enhancing recovery and optimising sports performance.



Musculoskeletal Conditions

Developed for various musculoskeletal conditions such as back pain, neck pain, joint sprains, strains, osteoarthritis, rheumatoid arthritis, tendonitis, and fractures.



Women's Health

These packages focus on addressing specific issues and promoting optimal well-being for each woman. Programs include Menopause and Hormonal health, Pelvic floor rehabilitation.



Wellness Package

This package focuses on the integration of physical and mental well-being. It may include elements of mindfulness, relaxation techniques, stress management strategies, therapeutic exercises, and education on the mind-body connection to enhance overall wellness.



Weight Management

We offer individuals programs to support individuals in achieving and maintaining a healthy weight.



Hydrotherapy

Hydrotherapy programs can be beneficial for various conditions, including musculoskeletal injuries, arthritis, post-surgical rehabilitation, neurological conditions, and chronic pain management.



Reformer Pilates

This program is designed to improve strength, flexibility, balance, and overall body conditioning.

