



**MARTIN & ILZE**  
PHYSIOTHERAPISTS • FISIOTERAPEUTE

## What is Physiotherapy?

Physiotherapy is a scientific, holistic approach to assessment and treatment of Physical dysfunction or injury by the use of knowledge and skills unique to physiotherapists. It aims to facilitate and restore maximum movement and functional ability throughout life, as well as prevent disability, resulting from certain conditions or traumas.

Physiotherapists are first line medical practitioners, registered with the Health Professions Council of South Africa (HPCSA). ***You do not need a doctor's referral to see a physiotherapist.***

A Physiotherapist can refer you for x-rays or ultrasound diagnostic imaging to assist with diagnosing and to determine a treatment plan.

Physiotherapists have a thorough understanding of human anatomy, biomechanics and physiology. Their training is not limited to one specific field of physiotherapy. They are competent in Orthopaedics, Neurology, Pulmonology, Paediatrics, Geriatrics and cardio-vascular pathologies.

Feel free to contact us today to schedule an appointment.

**Martin & Ilze Physiotherapists Inc.**

✉ kimberleyphysio@telkomsa.net

🌐 Shop 6, Royalyard Park, Memorial Rd, Kimberley

☎ 053 532 8797