



Physiotherapy Musculoskeletal Clinic

Student-led assessment, treatment & exercise rehabilitation.

Move easier. Feel stronger. Manage pain with confidence.

Our physiotherapy students supervised by experienced registered physiotherapists can help you improve your mobility, strength, and function.

What we offer?

A 5-week physiotherapy program including:

Assessment:

- > Discuss your health and goal
- > Assess your condition

Treatment (depending on your needs):

- > Personalised treatment and exercise program
- > Hands-on treatment appropriate to your condition
- > Support to safely improve strength, movement, and confidence
- > Education on self-management
- > Summary of your progress
- > Home exercise plan

Who is this clinic for?

Adults who:

- > Have muscle or joint pain
- > Are recovering from injury, surgery, or feeling deconditioned
- > Want to improve strength, mobility, and daily function

How to book?

- > Complete the referral form online <https://www.cdu.edu.au/health-hub>
- > Call **(08) 8946 7176** (9am – 4pm, Monday – Friday)
- > Email health.hub@cdu.edu.au with client name, phone number and any other relevant information

Program details

Duration: 2 March – 2 April 2026 (5 weeks)

Clinic hours:

Monday: 9am-12pm

Tuesday, Wednesday & Friday: 9am-4pm

Location:

CDU Health Hub, Casuarina Campus
Building Green 5 (off Lakeside Drive)

Delivered by:

Student Physiotherapists supervised by registered physiotherapists

Fees: \$15 per session

This program is not suitable for people with new or serious injuries, recent whiplash, worsening nerve symptoms, unstable medical conditions, or anyone unable to exercise safely. It is also not appropriate for complex post surgical rehabilitation (within 12 weeks) or WorkCover/insurance assessment needs.

P: (08) 8946 7176

E: health.hub@cdu.edu.au

W: cdu.edu.au/health-hub

CRICOS Provider No. 00300K | RTO Provider No. 0373 | TEQSA Provider ID PRV12069
85695 UniPrint 02.26 LM

