

Your Partner in Recovery & Movement

PHYSIOTHERAPY | CLINICAL PILATES | MASSAGE

At Therapia Sports & Spine, recovery isn't just about feeling better - it's about moving better, living stronger & staying pain-free.



Back or Neck Pain

Want long term recovery?

Want to Overcome Disability
with Goal-oriented Physiotherapy?



Sports Injury

Is it Holding You Back?

Going for a Major Surgery
& Need Faster Recovery?



Work-Related Injury

Return to Work Stronger?

FOR APPOINTMENTS




CONTACT US



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FOR PRACTITIONERS



Your 3-Phase Recovery Journey

Designed to guide your rehabilitation, fitness, & long-term health.



PHASE 1

RECOVER

Understand your pain. Fix your posture. Discover what's holding you back.

Hands-on treatment

& gentle exercises to reduce pain & get you moving again.

Stretching, bracing & supplements to support long-term healing.



PHASE 2

MOTION

Build strength, retrain posture & activate your core.

Hands-on therapy, massage, & dry needling keep you moving & flare-up free.

Advance Strengthening

to boost mobility & build lasting strength.



PHASE 3

STRENGTHEN

Correct posture, habits & technique to stay injury-free.

Clinical Pilates

and advanced home exercise program to build strength & flexibility.

Goal: For you to feel strong, confident, & independent in your body.

EXPERIENCE MATTERS IN RECOVERY.

At Therapia, years of clinical experience have shaped a structured, evidence-informed approach to rehabilitation – supporting people through pain, restoring movement, and rebuilding strength with clarity and care.

We work collaboratively with individuals and their support networks to guide recovery and help you move forward with confidence.



We Accept:

- Medicare Referrals (EPC/CDM from GP)
- Private Health Insurance
- NDIS Participants
- Return to Work/WorkCover Claims
- Motor Vehicle Accident (MVA/CTP Insurance)