

BL Physio At Your Service That Really Works



Coopers Plain, Dec 13, 2020 ([Issuewire.com](https://www.issuewire.com)) - Every goal achieved began with a dream. A dream to save people is service to mankind. The creator of '**BL Physio**', Mr. Paul has been a physiotherapist for over 20 years. A dream to serve people has led him to expand his dream into creating the '**BL Physio (South Brisbane)**' in 2002. They have grown over the years into a large group of doctors since 2011. The vision of BL Physio is to help people by keeping them informed about their health and live a good quality life. Paul is also the creator of SSTM – Squeeze, Stretch, Trigger, Move, a muscle management program used in clinics, and injury prevention training throughout Australia.

In the process of discovering the body's tightly held secrets; Paul has ventured to co-create with William Wragg, RIFREV- Running Injury Free Revolution. It is a project that provides a massive free resource for the running community to stay fit and injury-free.

The service rendered by SSTM has achieved maximum results reducing LTIs up to 87.5%. They live by the statement "Injury Prevention is A Way of Life", providing physiotherapists to attend to individuals' needs. The qualified doctors see to the betterment of the patient's health. The [South Brisbane based Physio](#) measures the results to know the best strategies for treating pain.

If you are located in **South Brisbane, Australia**, and need hands-on experience in getting your body treated, **BL Physio** is your go-to center. They have proven to ease the tension from your muscles and in

life. There are a variety of physiotherapy available:

- Chronic pain
 - Neurological
 - Hospital physiotherapy
 - Acupuncture and dry needle
 - Geriatric
 - Orthopedic
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- Cancer Physio, Palliative Care And Lymphodema Group
 - Disability physiotherapy is done in the presence of community care.
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- Vestibular Physiotherapy (Vertigo)
 - Pediatric Physiotherapy
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- Neck
 - Pregnancy physiotherapy

They are an effective online teaching community that reaches out to those who cannot physically present themselves at the clinic. **BL Physiotherapy at South Brisbane** is highly equipped with the latest machines and devices that cure injuries.



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