

Successful treatment services



CS Health's multidisciplinary treatment teams provide a range of effective treatment services that facilitate speedy recovery from injury. Using quality evidence-based services, we enable injured workers to recover and return to work as quickly and safely as possible.

Physiotherapy

CS Health physiotherapy teams are experts in the practical management of work injuries. Working collaboratively with the patient, care providers, and rehabilitation specialists, our focus is on assisting injured staff to get the right treatment for their needs.



Our team is notable for its expertise in providing:

- Evidence-based treatments at all stages of injury
- On-site services where requested
- Exercise programs
- Orthotics and specialised footwear.

Our physiotherapists are also experienced in providing a range of educational programs targeted to specific areas of risk. These support workers in minimising the likelihood of further injury.

Hydrotherapy

To get the rehabilitation program underway when land based recovery activities are too challenging, CS Health has a range of water-based exercise programs.

Our physiotherapists, remedial therapists and exercise physiologists provide effective assistance to maximise recovery.

Exercise therapy

A co-ordinated program of exercise to upgrade and restore the injured person's physical capacity is vital.



CS Health's exercise physiologists work closely with physiotherapists and other health professionals to identify and implement effective programs that aid the rehabilitation process.

Gymnasium facilities

CS Health offices have gymnasiums staffed by qualified therapists. Our team provides practical advice and assistance tailored to individual needs using the latest health and exercise information and techniques.

We assist those with injuries to recover faster, and support all staff in maintaining good health and wellbeing.

CS Health

Call today on 02 8270 3200