

MOVEMENT IMPROVEMENT CLINIC

The Movement Improvement Clinic is a premier movement-based rehab clinic. Blending Osteopathy with strength and conditioning, we empower patients with the tools to take charge of their own rehab.

What We Do:

Advanced Dry Needling
Osteopathic Manipulation
Massage
Movement Therapy
Rehabilitation

We Can Assist With:

Carpal Tunnel Syndrome
Herniated Discs
Sciatica
Tennis Elbow
Headaches
Chronic Pain



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Book online at: micnewcastle.com

*Private health and Medicare rebates may be available with a GP referral.



Osteopathy and Movement

At MIC we've combined a unique blend of osteopathic manual therapy with movement-based rehab to give your body the right stimulus for optimal healing. Building a comprehensive history and movement assessment, we gather the information required to lay out the right path moving forward. We believe movement is medicine and that every patient should know and understand how to take control of their pain for themselves.

Our diverse range of skills in manual therapy allows us to treat acute and chronic injuries, as well as headaches and nerve pain. Our approach teaches you how to make long-term changes and be independent so you are not just buying into a quick fix.

Our Holistic Approach

Osteopathic Manual Therapy (OMT) takes a holistic approach to diagnosis and treatment. Osteopaths consider all tissues in the body including blood and nerve supply, connective tissue, muscles, and bones. Treatment incorporates a blend of many hands-on techniques including active resisted stretching, joint articulation, trigger point therapy, and High-Velocity Low-Amplitude techniques. These techniques are performed by a university-trained practitioner to ensure maximum safety and effectiveness.



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