

# Physiotherapy Providers

## Wellington Region

Careway Physiotherapy services are only available at the following practices across Wellington Region.

| Clinic details and locations                                                                                                                                                                                                           | Locations                                                                                           |
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| <b>Arc Wellness Studios Ltd</b><br>w: <a href="https://www.arcwellness.nz/">https://www.arcwellness.nz/</a><br>t: 0800 272 749<br>e: <a href="mailto:info@arcphysiopilates.co.nz">info@arcphysiopilates.co.nz</a>                      | ✓ 89 Upland Road, Kelburn, Wellington 6012<br>✓ 27c Waitoa Road, Hataitai, Wellington 6021          |
| <b>Bodyfix Physio</b><br>w: <a href="https://www.bodyfixphysiotherapy.co.nz/">https://www.bodyfixphysiotherapy.co.nz/</a><br>t: 04 390 3110<br>e: <a href="mailto:john@bodyfixphysiotherapy.co.nz">john@bodyfixphysiotherapy.co.nz</a> | ✓ Floor 8, 104 The Terrace, Wellington Central                                                      |
| <b>Capital Sports Medicine</b><br>w: <a href="https://capitalsportsmed.co.nz/">https://capitalsportsmed.co.nz/</a><br>t: 04 499 5732<br>e: <a href="mailto:reception@capitalsportsmed.co.nz">reception@capitalsportsmed.co.nz</a>      | ✓ Level 5, 187 Featherston St, Wellington City                                                      |
| <b>Dalman Physiotherapy</b><br>w: <a href="https://www.dalmanphysiotherapy.com/">https://www.dalmanphysiotherapy.com/</a><br>t: 04 499 3430<br>e: <a href="mailto:Tim@dalmanphysiotherapy.com">Tim@dalmanphysiotherapy.com</a>         | ✓ 38-42 Waring Taylor Street, Wellington Central<br>✓ 4/82 Main Road, Tawa                          |
| <b>Hutt Physiotherapy Centre</b><br>w: <a href="http://www.huttphysio.co.nz">www.huttphysio.co.nz</a><br>t: 04 570 2377<br>e: <a href="mailto:reception@huttphysio.co.nz">reception@huttphysio.co.nz</a>                               | ✓ Ground Floor, 50 Bloomfield Tce, Lower Hutt                                                       |
| <b>Inform Physiotherapy Limited</b><br>w: <a href="http://www.informphysio.co.nz">www.informphysio.co.nz</a><br>t: 04 527 4155<br>e: <a href="mailto:admin@informphysio.co.nz">admin@informphysio.co.nz</a>                            | ✓ 2 Whitemans Road, Silverstream<br>✓ 35-37 Queen Street, Upper Hutt<br>✓ 20 Somme Road, Heretaunga |
| <b>KCP Physiotherapy</b><br>w: <a href="http://kcphysio.co.nz">kcphysio.co.nz</a><br>t: 04 297 0114<br>e: <a href="mailto:kapiti@kcphysio.co.nz">kapiti@kcphysio.co.nz</a>                                                             | ✓ 10 Brett Ambler Way, Paraparaumu                                                                  |
| <b>Khandallah and Churton Park Physiotherapy and Pilates</b><br>w: <a href="http://www.kpc.co.nz">www.kpc.co.nz</a><br>t: 04 479 7101<br>e: <a href="mailto:alison.wilson@kpc.co.nz">alison.wilson@kpc.co.nz</a>                       | ✓ Level 1, 17 Ganges Road, Khandallah<br>✓ 101 Westchester Drive, Churton Park                      |
| <b>Live Free Physiotherapy</b><br>w: <a href="http://www.livefreephysio.co.nz">www.livefreephysio.co.nz</a><br>t: 021 292 831<br>e: <a href="mailto:info@livefreephysio.co.nz">info@livefreephysio.co.nz</a>                           | ✓ 583 High Street, Boulcott                                                                         |
| <b>Miramar Physiotherapy Ltd</b><br>w: <a href="http://www.miramarphysio.co.nz">www.miramarphysio.co.nz</a><br>t: 04 388 7129<br>e: <a href="mailto:miramarphysio@gmail.com">miramarphysio@gmail.com</a>                               | ✓ 424 Broadway, Miramar                                                                             |
| <b>Motion Health Lambton Quay</b><br>w: <a href="http://motionhealth.co.nz">motionhealth.co.nz</a><br>t: 04 831 1006<br>e: <a href="mailto:motionhealth@lambtonquay.co.nz">motionhealth@lambtonquay.co.nz</a>                          | ✓ Level 2, 354 Lambton Quay, Wellington Central                                                     |

| Clinic details and locations                                                                                                                                                                                                                                                                                                                                                            | Locations                                                                                                                                                                                                                                                                         |
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| <b>Motion Health Trentham</b><br>w: <a href="http://motionhealth.co.nz">motionhealth.co.nz</a><br>t: 04 909 4590<br>e: <a href="mailto:trentham@motionhealth.co.nz">trentham@motionhealth.co.nz</a>                                                                                                                                                                                     | ✓ 11 Camp Street, Trentham                                                                                                                                                                                                                                                        |
| <b>Motion Health Upper Hutt</b><br>w: <a href="http://motionhealth.co.nz">motionhealth.co.nz</a><br>t: 04 527 7872<br>e: <a href="mailto:upperhutt@motionhealth.co.nz">upperhutt@motionhealth.co.nz</a>                                                                                                                                                                                 | ✓ The Mall, 205-207 Main Street, Upper Hutt                                                                                                                                                                                                                                       |
| <b>North City Physiotherapy</b><br>w: <a href="http://www.northcityphysio.co.nz">www.northcityphysio.co.nz</a><br>t: 0800 627 497<br>e: <a href="mailto:porirua@northcityphysio.co.nz">porirua@northcityphysio.co.nz</a><br><a href="mailto:whitby@northcityphysio.co.nz">whitby@northcityphysio.co.nz</a> ; <a href="mailto:info@northcityphysio.co.nz">info@northcityphysio.co.nz</a> | ✓ 3 Hartham Place South, Porirua City Centre<br>✓ 69E Discovery Drive, Whitby<br>✓ 1/24 Moorefield Road, Johnsonville<br>✓ 17 Rewa Terrace, Tawa                                                                                                                                  |
| <b>Petone Physio</b><br>w: <a href="http://petonephysio.co.nz">petonephysio.co.nz</a><br>t: 04 939 4331<br>e: <a href="mailto:admin@petonephysio.co.nz">admin@petonephysio.co.nz</a>                                                                                                                                                                                                    | ✓ unit 1/3 Britannia St, Petone                                                                                                                                                                                                                                                   |
| <b>Physio Works Kapiti</b><br>w: <a href="http://www.physioworkskapiti.co.nz">www.physioworkskapiti.co.nz</a><br>t: 04 293 4287<br>e: <a href="mailto:paula@physioworkskapiti.co.nz">paula@physioworkskapiti.co.nz</a>                                                                                                                                                                  | ✓ 26 Ngaio Road, Waikanae                                                                                                                                                                                                                                                         |
| <b>RAISE Physiotherapy &amp; Yoga</b><br>w: <a href="http://www.raisephysio.co.nz">www.raisephysio.co.nz</a><br>t: 027 244 3940<br>e: <a href="mailto:raylene.grant@raisephysio.co.nz">raylene.grant@raisephysio.co.nz</a>                                                                                                                                                              | ✓ 28 Golf Road, Heretaunga, Upper Hutt                                                                                                                                                                                                                                            |
| <b>Refresh Physio</b><br>w: <a href="http://www.refreshphysio.co.nz">www.refreshphysio.co.nz</a><br>t: 04 387 4936<br>e: <a href="mailto:hello@refreshphysio.co.nz">hello@refreshphysio.co.nz</a>                                                                                                                                                                                       | ✓ 70 Kilbirnie Crescent, Kilbirnie                                                                                                                                                                                                                                                |
| <b>Rehab Co</b><br>w: <a href="http://www.rehabcophysio.com">www.rehabcophysio.com</a><br>t: 0800 734 2226<br>e: <a href="mailto:admin@rehabcophysio.com">admin@rehabcophysio.com</a>                                                                                                                                                                                                   | ✓ 14 Gateway Lane, Thorndon<br>✓ 499 Hutt Road, Alicetown                                                                                                                                                                                                                         |
| <b>Revolve Physiotherapy &amp; Pilates</b><br>w: <a href="http://www.revolvephysiopilates.co.nz">www.revolvephysiopilates.co.nz</a><br>t: 04 298 1222<br>e: <a href="mailto:hello@revolvephysiopilates.co.nz">hello@revolvephysiopilates.co.nz</a>                                                                                                                                      | ✓ 7 Ngaio Road, Waikanae                                                                                                                                                                                                                                                          |
| <b>South Coast Physiotherapy Limited</b><br>w: <a href="http://southcoastphysio.co.nz">southcoastphysio.co.nz</a><br>t: 027 827 0832<br>e: <a href="mailto:callum@southcoastphysio.co.nz">callum@southcoastphysio.co.nz</a>                                                                                                                                                             | ✓ 118 The Parade, Island Bay                                                                                                                                                                                                                                                      |
| <b>The Johnsonville Physiotherapy Centre</b><br>w: <a href="http://www.johnsonvillephysio.co.nz">www.johnsonvillephysio.co.nz</a><br>t: 04 478 3561<br>e: <a href="mailto:thejvillephysio@xtra.co.nz">thejvillephysio@xtra.co.nz</a>                                                                                                                                                    | ✓ Unit 3/7 Johnsonville Road, Johnsonville<br>✓ Newlands Medical Centre, 15 Batchelor Street, Newlands                                                                                                                                                                            |
| <b>WSM Group</b><br>w: <a href="http://www.willisstreephysiotherapy.co.nz">www.willisstreephysiotherapy.co.nz</a><br>t: 04 384 8313/ 04 909 7609<br>e: <a href="mailto:wsmclinic@wsmgroup.co.nz">wsmclinic@wsmgroup.co.nz</a> / <a href="mailto:wspclinic@wsmgroup.co.nz">wspclinic@wsmgroup.co.nz</a>                                                                                  | ✓ Level 9 Findex House, 57 Willis Street, Te Aro<br>✓ Akau Tangi Sports Centre, 72 Kemp Street, Kilbirnie<br>✓ The Physio Spot Greytown, Five Rivers Medical, 30 Bidwills Cuttings Road, Greytown<br>✓ Wellington College, Frank Crist Centre, 15 Dufferin Street, Mount Victoria |

**Clinic details and locations****Locations**

- ✓ The Physio Spot at Victoria University, Room 203, 14 Waiteata Road, Kelburn
- ✓ HealthFit Collective, Level 2, 18 Allen Street, Te Aro