

Physiotherapy Providers

Auckland Region

Careway Physiotherapy services are only available at the following practices

Clinic details and locations	Locations
Absolute Health w: www.absolutehealth.co.nz t: 800 867 497 e: Admin@absolutehealth.co.nz	✓ 16B Silverdale Street, Silverdale
Alofa Physiotherapy – Temporarily closed t: 021 895 240 e: tylah.physio@gmail.com	✓ 562 Richmond Road, Grey Lynn
APC Physio w: www.apcphysio.co.nz t: 09 215 6508 e: admin@apcphysio.co.nz	✓ Totara Health Building, Level 1, 1 McCrae Way New Lynn
Apex Performance t: 021 055 8200 e: josh.apexperformance@gmail.com	✓ 8 Carr Road, Three Kings
Aqua Sports Physiotherapy w: www.aquasportsphysio.co.nz t: 09 625 5744 e: admin@aquasportsphysio.co.nz	✓ 10 Park Gardens, Onehunga ✓ 55 Arundel Street, Mt Roskill
Athena Health Studio w: www.athenahealthstudio.co.nz t: 027 590 8418 e: athenahealthstudio@gmail.com	✓ 17b Pollen Street, Grey Lynn
Auckland City Physio w: www.aucklandcityphysio.co.nz e: info@aucklandcityphysio.co.nz	✓ Level 2, 6 Viaduct Harbour Avenue, Auckland Central
Auckland Physiotherapy Limited w: www.aucklandphysiotherapy.co.nz t: 0800 185 168 e: admin@aucklandphysiotherapy.co.nz	✓ Suite 1, 8 George Street, Newmarket
Auckland Shoulder Clinic Limited w: www.shoulderphysio.co.nz t: 09 366 6457 e: info@shoulderphysio.co.nz	✓ 7/88 Cook Street, Auckland Central ✓ 51 Corinthian Drive, Albany
Axis w: www.axisportsmedicine.co.nz t: 09 521 9846 e: info@axisportsmedicine.co.nz	✓ 212 Wairau Road, Wairau Valley ✓ Level 1, 2 Wagener Place, Mt Albert ✓ 18 Triton Drive, Rosedale ✓ 53 Arundel Street, Mt Roskill ✓ 2 Beasley Avenue, Penrose
Back To Your Feet Physiotherapy w: www.backtoyourfeet.co.nz t: 09 972 0896 e: info@backtoyourfeet.co.nz	✓ Western Springs Pavilion, Seddon Fields, 108 Meola Road, Western Springs

Clinic details and locations	Locations
Baseline Physiotherapy w: baselinephysio.co.nz t: 021 866 867 e: info@baselinephysio.co.nz	✓ 72 College Hill, Freeman Bay
Be Physio & Health w: www.bephysio.co.nz t: 09 307 7070 e: info@bephysio.co.nz	✓ 79A St Georges Bay Road, Parnell
Beachlands Physio w: www.beachlandsphysio.co.nz t: 09 222 4120 e: office@beachlandsphysio.co.nz	✓ Beachlands Medical Centre, 129 Beachlands Road
Bodyreform Physiotherapy and Pilates w: www.bodyreform.co.nz t: 09 361 6415 e: info@bodyreform.co.nz	✓ 1 Schofield Street, Grey Lynn
Body Rehab Clinic w: www.bodyrehabclinic.co.nz t: 021 718 228 e: bodyrehabclinic@gmail.com	✓ 29 Franklin Road (Inside Franklin Pool Leisure), Pukekohe
Body Repair Physiotherapy w: www.bodyrepairphysiotherapy.net t: 021 445 446 e: greenhithe@bodyrepairphysiotherapy.net	✓ 12 Greenhithe Road, Greenhithe
Browns Bay Physiotherapy Care Clinic w: www.physiotherapycare.co.nz t: 09 479 4447 e: info@brownsbayphysiocare.co.nz	✓ 39 Anzac Road, Browns Bay
Care Rehab Physio w: www.carerehabphysio.co.nz t: 09 534 7176 e: carerehabphysio@gmail.com	✓ 2/2 Fencible Drive, Howick ✓ 563 Pakuranga Rd, Howick
Cairnhill Physiotherapy w: www.cairnhillphysiotherapy.co.nz t: 09 631 5991 e: reception@cairnhillphysiotherapy.co.nz	✓ The Villa, 95 Mountain Road, Epsom
Chris Casey Physiotherapy t: 09 849 2383 e: chriscaseyphysio@gmail.com	✓ 1234 Great North Road, Point Chevalier
Citymed Physio Ltd w: www.citymedphysio.co.nz t: 09 377 5525 e: info@citymed.co.nz	✓ 58 Gaunt Street, Wynyard
Clendon Physiotherapy t: 09 266 3166 e: admin@clendonphysio.co.nz	✓ 10 Sykes Road, Manurewa
Clevedon Physiotherapy w: clevedonphysiotherapy.co.nz t: 021 260 4972 e: clevedonphysionz@gmail.com	✓ 192 West Road, Brookby ✓ 27 Clevedon-Papakura Road, Clevedon

Clinic details and locations	Locations
Club Physio t: 09 973 7056 e: clubphysionz@gmail.com	✓ Inside Fit Factory Gym, 9-11, Glenmall Place, Glen Eden
Coast Physio w: www.coastphysio.co.nz t: 09 426 6619 e: silverdale@coastphysio.co.nz / whangaparaoa@coastphysio.co.nz / orewa@coastphysio.co.nz	✓ 7 Polarity Rise, Silverdale ✓ 28 Centreway Road, Orewa ✓ 10 Wade River Road, Stanmore Bay, Whangaparaoa
Complete Physio w: www.completephysio.co.nz t: 022 109 8128 e: kirsty@completephysio.co.nz	✓ 71 Beachlands Road, Beachlands
Connect Studio Physio and Pilates w: www.connectstudio.co.nz t: 09 372 2343 e: hello@connectstudio.co.nz	✓ 3 Tui Street, Oneroa, Waiheke Island
Cove Physio w: www.covephysio.co.nz t: 021 103 1253 e: rachel@covephysio.co.nz	✓ 14 Skilling Place, Farm Cove
David Bahadoor Physiotherapy Limited w: dbphysiotherapy.com t: 021 316 545 e: dbsportsphysio@gmail.com	✓ 6 Seon Place, Birkdale
Dannemora Physiotherapy w: www.dannemoraphysio.co.nz t: 09 886 7113 e: reception@dannemoraphysio.co.nz	✓ 1/3 Redcastle Drive, East Tamaki
Dynamic Physio w: https://dynamicphysio.co.nz/ t: 09 476 2166 e: mairangibay@dynamicphysio.co.nz info@dynamicphysio.co.nz	✓ 386 East Coast Road, Sunnynook ✓ 55a Glenvar Ridge Road, Long Bay
Dynamic Physio Milford w: https://dynamicphysio.co.nz t: 09 869 6997 e: milford@dynamicphysio.co.nz	✓ 215 Shakespeare Road, Milford
Ellis and Forde Physio w: www.ellisandfordephysio.co.nz t: 09 421 0074 e: info@ellisandfordephysio.co.nz	✓ 39a Florence Avenue, Orewa
Emerge Physiotherapy w: www.emergephysiotherapy.co.nz t: 022 691 4946 e: physiokristyn@gmail.com	✓ 15/3 Oracle Drive, Albany
Enduro Physiotherapy Ltd w: https://www.endurophysio.co.nz/ t: 021 626 959 e: admin@endurophysio.co.nz	✓ Level 1/18 Heather St, Parnell

Clinic details and locations	Locations
Era Physiotherapy t: 021 0810 6567 e: info@eraphysio.co.nz	✓ 38C William Pickering Drive, Rosedale
Evolve Physiotherapy & Health w: www.evolvephysio.co.nz t: 09 273 3051 e: info@evolvephysio.co.nz	✓ Suite 1/287 Botany Road, Golflands
Flex Physio Ltd t: 021 133 7222 e: alamdar.flexphysio@gmail.com	✓ Jellicoe Healthhub, 24/71 Jellicoe Road, Panmure
Flexa Clinic w: www.flexaclinic.com t: 09 481 0670 e: jessj@flexaclinic.com	✓ 160 Lake Road, Northcote
Form Physio Ltd w: www.formphysio.co.nz t: 021 198 9736 e: info@formphysio.co.nz or ally@formphysio.co.nz	✓ 45 Sale Street, Freemans Bay
Functional Physio w: www.functionalphysio.co.nz t: 09 623 0787 e: info@functionalphysio.co.nz	✓ Eden 5, 12 Normanby Road, Mt Eden
Geneva Physio w: https://www.genevahealth.com/ t: 0800 436 382 e: takanini@genevaphysio.com	✓ 1/220 Great South Road, Takanini
Gold Standard Physiotherapy and Rehabilitation w: www.goldstandard.nz t: 021 982 466 e: admin@goldstandard.nz	✓ 7A Piermark Drive, Rosedale
Golfworks & About Faces Physiotherapy w: golfworks.co.nz t: 09 580 0590 e: info@aboutfaces.co.nz	✓ 1/298 Ellerslie Panmure Hwy, Mt Wellington
GoPhysio w: www.gophysio.com t: 022 126 0945 e: gophysios@gmail.com	✓ 6 View Road, Campbells Bay
Green Bay Physiotherapy w: greenbayphysio.co.nz t: 09 963 8539 e: admin@greenbayphysio.co.nz	✓ 3/16 Godley Rd, Green Bay ✓ 36 Portage Rd, New Lynn
Greenwood Physio w: www.greenwoodphysio.co.nz t: 09 625 2703 e: physio@greenwoodphysio.co.nz	✓ 641 Manukau Road, Epsom
Growing Younger Physiotherapy w: https://bodyfitphysio.co.nz t: 0800 110 031 e: alex@bodyfitphysio.co.nz	✓ 18D Highland Park Drive, Highland Park ✓ 7/43 Cook Street, Howick

Clinic details and locations	Locations
Hannelie van Vuuren Physiotherapy t: 027 646 7697 e: hvvphysio@gmail.com	✓ 516 East Coast Road, Mairangi Bay
The Hauora Room t: 027 878 8687 e: info@thehauoraroom.co.nz	✓ unit 4/57 Cavendish Drive, Manukau
Healthvision w: www.healthvision.co.nz t: 0508 733 377 e: clinic@healthvision.co.nz	✓ Suite 1D, 95 Ascot Avenue, Greenlane
Helen Evans Physiotherapy t: 022 079 2011 e: physiohelen@icloud.com	✓ 71 Alexander Avenue, Torbay
Hobsonville Physiotherapy w: www.hobsonvillephysio.co.nz t: 09 416 4455 e: physio@hobsonvillephysio.co.nz	✓ Level 1, 124 Hobsonville Road, Hobsonville
Ignite Physio w: www.ignitephysio.co.nz t: 027 774 5566 e: dlal@ignitephysio.co.nz	✓ 80 Delta Avenue, New Lynn
In Good Hands Physiotherapy w: www.ingoodhands.net.nz t: 09 222 1270 e: info@ingoodhands.net.nz	✓ Unit B, 13-15 Bute Road, Browns Bay
Institute of Sport Physiotherapy Onehunga w: https://instituteofsport.nz/ t: 09 634 6469 e: onehunga@instituteofsport.nz	✓ 73 Church Street, Onehunga
Intrinsic Physio w: www.intrinsicphysio.co.nz t: 09 928 7070 e: info@intrinsicphysio.co.nz	✓ 72 Apollo Drive, Rosedale ✓ 20 Corinthian Drive, Albany
Jasvir Singh w: http://www.jsphysio.co.nz t: 022 012 6599 e: support@jsphysio.co.nz	✓ Kolmar Sports Complex Sutton Crescent, Papatoetoe
Island Physiotherapy w: www.islandphysio.co.nz t: 022 013 9763 e: info@islandphysio.co.nz	✓ 3/4 Miami Avenue, Surfdale, Waiheke Island
J2 Athletic Performance LTD w: www.j2athleticperformance.co.nz t: 021 033 6575 e: j2athleticperformance@hotmail.com	✓ 31 Valley Road, Pukekohe
J Marr Physiotherapy w: www.jmarrphysio.co.nz t: 09 294 7062 e: office@jmarrphysio.co.nz	✓ 1 Sutton Road, Drury

Clinic details and locations	Locations
Jodi Milne Physiotherapy t: 021 415 200 e: jodimilne@thephysioroom.co.nz	✓ 68 Jutland Road, Hauraki
John Evans Physiotherapist t: 021 822 515 e: john@john-evansphysiotherapy.co.nz	✓ Spartan HQ, 1/26 Sweetcorn Place, Pukekohe
Joy Physio t: 021 447 155 e: joy.ypz@gmail.com	✓ G/6 Rosedale Road, Windsor Park
Kepa Road Physio w: www.keparoadphysio.co.nz t: 027 546 7302 e: keparoadphysio@gmail.com	✓ 305b Kapa Road, Mission Bay
Kinetics Physiotherapy w: www.kineticsrehab.co.nz t: 09 424 5632 or 09 869 6049 for AUT e: reception@kineticsrehab.co.nz e: receptionAUTM@kineticsrehab.co.nz	✓ 2/179 Whangaparaoa Road, Stanmore Bay ✓ AUT Millennium, 17 Antares Place, Mairangi Bay
King Sport Physiotherapy w: www.kingphysio.co.nz t: 09 486 5075 e: brendan@kingphysio.co.nz	✓ Level 1, 507 Lake Road, Takapuna
Kingsland Physiotherapy w: www.kingslandphysio.co.nz t: 09 849 9080 e: admin@kingslandphysio.co.nz	✓ 495 New North Rd, Kingsland ✓ Health and Sports Fitness Club, 2 Morningside Drive Morningside
Knee Care North Shore Limited w: www.kneecare.co.nz t: 09 489 7577 e: info@kneecare.co.nz	✓ 5 Akoranga Drive, Northcote
Kowhai Physio w: www.kowhaiphysio.com t: 09 425 9150 e: info@kowhaiphysio.co.nz	✓ Unit 1, 23 Neville Street, Warkworth ✓ Warkworth Fitness, 25 Glenmore Drive, Warkworth
Kumeu Physio w: www.kumeuphysio.co.nz t: 09 412 9063 e: info@kumeuphysio.co.nz	✓ 325 Main Road, Huapai
Leaton Performance and Rehabilitation Ltd w: www.letonperformance.co.nz t: 09 362 0552 e: enquiries@letonperformance.co.nz	✓ 74B Newton Road, Eden Terrace
Lincoln Road Physio w: www.lincolnroadphysio.co.nz t: 09 836 6338 e: office@lincolnroadphysio.co.nz	✓ 131 Lincoln Road, Henderson
Link Health and Fitness w: www.linkhealthandfitness.co.nz t: 09 553 6565 e: hello@linkhealthandfitness.co.nz	✓ 17/18 Link Drive, Wairau Valley

Clinic details and locations	Locations
Lowen Physiotherapy & Performance w: www.lpp.co.nz t: 021 076 5685 e: alowen@lpp.co.nz	✓ 30 Constellation Drive, Rosedale
Mairangi Bay Physiotherapy Care Clinic w: www.physiotherapycare.co.nz t: 09 478 3098 e: info@mairangibayphysio.co.nz	✓ 404 Beach Road, Mairangi Bay
Mangere East Physiotherapy w: www.mangerephysio.co.nz t: 09 276 7632 e: mangerephysio.reception@gmail.com	✓ 215 Massey Road, Mangere East
Marina Physio w: www.marinaphysio.co.nz t: 09 534 4045 e: office@pakurangaphysio.co.nz	✓ Compass Building, Level 1/20 Ara-Tai Road, Half Moon Bay
Massey Physiotherapy w: www.masseyphysio.co.nz t: 09 832 3619 e: physio@masseyphysio.co.nz	✓ 173 Royal Road, Massey
Matakana Physio w: www.matakanaphysio.co.nz t: 09 423 0295 e: admin@matakanaphysio.co.nz	✓ 15 Takatu Road, Tawharanui
Meadowbank Physiotherapy w: meadowbankphysio.co.nz t: 09 520 2666 e: physio@meadowbankphysio.co.nz	✓ 765 Remuera Road, Remuera
Mi Physio w: www.miphysio.co.nz t: 09 264 0105 e: enquiries@miphysio.co.nz	✓ 543 Te Atatu Road, Te Atatu Peninsula ✓ 278 Te Atatu Road, Te Atatu Peninsula ✓ 898 Great South Road, Wiri, Manukau
Mission Bay Physiotherapy w: www.missionbayphysio.co.nz t: 09 528 6547 e: admin@missionbayphysio.co.nz	✓ Unit 5, 17 Patterson Avenue, Mission Bay
Moore Than Physio w: www.moorethanphysio.co.nz t: 09 818 4242 e: contact@moorethanphysio.co.nz	✓ 1 Shetland Street, Glen Eden
Motion Health Albany w: www.motionhealth.co.nz/albany t: 09 477 3750 e: j.wiese@motionhealth.co.nz	✓ 119 Apollo Drive, Rosedale ✓ 1 University Avenue, Albany ✓ 5 Home Place, Rosedale
Motion Health Papakura w: https://www.motionhealth.co.nz/papakura t: 09 930 6962 e: papakura@motionhealth.co.nz	✓ 6 bar 8 Averill St, Papakura
Movement East w: www.movementeast.com t: 021 232 4500 e: hello@movementeast.com	✓ 12/27 Toiawaka Road, Drury

Clinic details and locations	Locations
Movewell Physio w: www.movewell.nz t: 09 423 7449 e: admin@movewell.nz	✓ 197 Rodney Street, Wellsford ✓ 7 Wood Street, Mangawhai Heads
Movewell Warkworth w: www.movewell.nz t: 09 423 7449 e: warkworth@movewell.nz	✓ 1/18 Neville Street, Warkworth
Mt Albert Physiotherapy Clinic w: www.mtalbertphysiotherapy.co.nz t: 09 846 8187 e: info@mapc.co.nz	✓ 1085 New North Rd, Mt Albert
Multisport Physio Ltd w: http://multisportphysio.co.nz t: 021 701 799 e: admin@multisportphysio.co.nz	✓ Devonport Squash Club, 69 Wairoa Road, Narrow Neck
Muriwai Physiotherapy w: www.muriwaiphysio.co.nz t: 021 295 2734 e: admin@muriwaiphysio.co.nz	✓ 3 Berridge Road, Muriwai
Nandish Health w: www.nandishchiropractic.com t: 09 212 9693 e: careway.nandish@gmail.com	✓ Meadowlands Shopping Plaza, Shop 2 Whitford Road, Somerville
New Lynn Physio w: www.newlynnphysio.co.nz t: 09 826 1122 e: admin@newlynnphysio.co.nz	✓ 28 Delta Avenue, New Lynn
North Shore Physiotherapy w: www.northshorephysiotherapy.co.nz t: 029 0430 4992 e: admin@northshorephysiotherapy.co.nz	✓ Anytime Fitness Takapuna, 138 Hurstmere Road, Takapuna
NorthWest Physio Plus w: www.northwestphysioplus.co.nz t: 09 412 2945 e: info@nwphysioplus.co.nz	✓ 4B Shamrock Drive, Kumeu ✓ 87 Brigham Creek Road, Whenuapai
09 Physiotherapy t: 09 815 4039 e: 09_physiotherapy@outlook.co.nz	✓ 36 Alberton Avenue, Mt Albert ✓ 564 East Coast Road, Mairangi Bay
ONFORM Physio & Pilates Ltd w: onformphysio.co.nz t: 09 527 7899 e: reception@onformphysio.co.nz	✓ 204 Queens Road, Panmure ✓ 145c Morrin Road, St Johns ✓ 3 Eltham Road, Kohimarama
Oraia Physio t: 09 971 1289 e: donald@oraiaiphysio.co.nz	✓ 264 Manukau Road, Epsom
Otahuhu Physiotherapy w: www.otahuhuphysio.co.nz t: 09 276 0448 e: admin@otahuhuphysio.co.nz	✓ 15/30 Station Road, Otahuhu

Clinic details and locations	Locations
Pakuranga Physiotherapy w: www.pakurangaphysio.co.nz t: 09 576 4659 e: office@pakurangaphysio.co.nz	✓ Pakuranga Medical Centre, 11-13 Cortina Place, Pakuranga
Parnell Physio w: parnellphysio.co.nz t: 09 379 2711 e: parnellphysio@xtra.co.nz	✓ 72a Gladstone Road, Parnell
Peak Pilates and Physiotherapist w: www.peakpilates.co.nz t: 09 950 6102 Please email your referrals to appropriate clinic: merton@peakpilates.co.nz , botany@peakpilates.co.nz , Greylynn@peakpilates.co.nz , Nextgen@peakpilates.co.nz , Stheliers@peakpilates.co.nz	✓ 69 Merton Road, St Johns ✓ 274 Richmond Road, Grey Lynn ✓ 1 Tennis Lane, Parnell ✓ 309 Botany Road, Botany ✓ 347 Tamaki Road, St Heliers
Peak Pilates and Physiotherapy Millwater w: www.peakpilates.co.nz t: 09 959 0211 e: millwater@peakpilates.co.nz	✓ Shop 22 ,175 Millwater Parkway, Silverdale
Performance Rehab Physiotherapy w: www.performancerehab.co.nz t: 09 411 5452 e: admin@performancerehab.co.nz	✓ Unit B8a, 5-19 Factory Road, Waimauku ✓ 8W Moana Avenue, Orewa
Physio8 w: www.Physio8.co.nz t: 021 702 283 e: info@physio8.co.nz	✓ 94 Remuera Road, Remuera
Physio360 NZ w: www.physio360.co.nz t: 0800 360 749 e: reception@physio360.co.nz	✓ 187 Ponsonby Road, Ponsonby ✓ 13A Hall Street, Pukekohe ✓ Pokeno Family Health, 31 Great South Road, Pokeno ✓ Karaka Family Health, 7/71 Hingaia Road, Karaka
Physio Action w: www.physioaction.co.nz t: 09 444 6529 e: admin@physioaction.co.nz	✓ 193 Shakespeare Road, Milford ✓ 274 Don Buck Road, Massey ✓ 30 Ashley Ave, Long Bay ✓ 30 Forrest Hill Road, Forrest Hill ✓ 100 Motions Road, Western Springs ✓ 210 Lake Road, Belomont ✓ 140 Birkdale Road, Birkdale
PhysioByDesign Limited w: www.physiobydesign.co.nz t: 09 447 3330 e: info@physiobydesign.co.nz	✓ Building F, Unit 2, 27-29 William Pickering Drive, Albany
P&D Trading Ltd. t: 021 714 242 e: greylynnphysio@gmail.com	✓ 2 Selbourne St, Gey Lynn
Phix Physio t: 09 212 9992 e: Anthony@phixphysio.co.nz	✓ 20 Stoddard Road, Mount Roskill

Clinic details and locations	Locations
Physio Depot w: www.physiodepot.co.nz t: 09 238 7484 e: admin@physiodepot.co.nz	✓ 20B Hall Street, Pukekohe
Physioedge w: www.physioedge.co.nz t: 09 630 3343 e: physioedgenz@gmail.com	✓ 164 Balmoral Road, Mt Eden
Physio Fix w: www.physiofix.co.nz t: 09 520 2819 e: info@physiofix.co.nz	✓ 109 Great South Road, Greenlane
Physio Flex w: www.physioflex.co.nz t: 09 420 8899 e: admin@physioflex.co.nz	✓ 10 Commercial Road, Helensville
Physio Fusion w: physiofusion.co.nz t: 09 626 6186 e: admin@physiofusion.co.nz	✓ 267 New Windsor Road, New Windsor
Physio HQ w: www.physiohq.co.nz t: 09 475 5780 e: info@physiohq.co.nz	✓ 2A/317 Sunset Road, Mairangi Bay
Physio Hub w: www.physiohub.nz t: 09 887 4353 e: info@physiohub.nz	✓ 644 Great South Road, Ellerslie ✓ 46 Michaels Ave, Ellerslie
Physio Impact w: physioimpact.co.nz t: 09 948 9066 e: admin@physioimpact.co.nz	✓ 123a Dominion Road, Mt Eden
Physio Insight w: www.physioinsight.co.nz t: 09 478 9779 e: info@physioinsight.co.nz	✓ G/6 Rosedale Road, Windsor Park
Physio Link w: www.physiolink.co.nz t: 09 444 9121 e: info@physiolink.co.nz	✓ 438 Glenfield Road, Glenfield
Physio-Logic w: www.physiologic.co.nz t: 0204 756 750 e: info@physiologic.co.nz	✓ 17 Kalmia Street, Ellerslie
Physio Mechanics w: www.physiomechanics.co.nz t: 09 299 7677 e: takanini@physiomechanics.co.nz e: karaka@physiomechanics.co.nz	✓ 88 Great South Road, Takanini ✓ 71 Hingaia Road, Karaka

Clinic details and locations	Locations
Physio Mechanics Pukekohe w: www.physio mechanics.co.nz t: 09 237 1080 e: pukekohe@physio mechanics.co.nz	✓ 2C Glasgow Road, Pukekohe
Physiomoves w: https://www.physiomoves.co.nz t: 09 273 9464 e: info@physiomoves.co.nz	✓ 6/142 Stancombe Rd, Flatbush
Physio Moves Walters Road w: www.physiomoves.co.nz t: 09 298 3027 e: info@physiomoveswr.co.nz	✓ 295 Great South Road, Takanini ✓ 588 Chapel Rd Botany, East Tamaki
Physio Reform w: physioreform.co.nz t: 09 521 8196 e: gleninnes@physioreform.co.nz	✓ 12 Mayfair Place, Glen Innes
Physiosport t: 09 274 4900 e: office.physiosportnz@gmail.com	✓ Local Doctors Medical Centre, 124 Dawson Road, Flatbush
Physio Zone w: www.physiozone.com t: 09 869 3055 e: admin@physiozone.co.nz	✓ 49 Panorama Road, Mt Wellington
Pinehill Physio w: pinehillphysio.co.nz t: 027 974 0237 e: info@pinehillphysio.co.nz	✓ B3/65 Greville Road, Pinehill
Ponsonby Physio w: www.ponsonbyphysio.co.nz t: 09 378 6890 e: info@ponsonbyphysio.co.nz	✓ 45 Mackelvie Street, Ponsonby
Potentia Physiotherapy t: 09 579 7123 e: potentiaphysio@gmail.com	✓ 34 O'Rorke Road, Penrose ✓ 2 Erin Street, Epsom
Prohab Physio w: www.prohab.co.nz t: 09 623 3267 e: admin@prohab.co.nz	✓ 457 Mt Eden Road, Mt Eden
Prana Physiotherapy w: www.pranaphysio.co.nz t: 0800 477 262 e: info@pranaphysio.co.nz	✓ 258 Balmoral Rd, Sandringham, Auckland 1025 ✓ 8 Nugent Street, Grafton, Auckland 1022
Queen St Physiotherapy w: www.queenstphysio.com t: 09 309 0822 e: qsphysio@xtra.co.nz	✓ Level 4, Dingwall Building, 87 Queen Street, Auckland Central
Raw Physiotherapy w: www.rawrehabphysio.com t: 09 426 0500 e: hello@rawrehabphysio.com	✓ 70E Grand Drive, Stanmore Bay, Orewa ✓ 4P Titan Place, Silverdale

Clinic details and locations	Locations
Refine Health w: www.refinehealth.co.nz t: 09 520 1832 e: frontdesk@refinehealth.co.nz	✓ 14 Davis Crescent, Newmarket ✓ 10 Turua Street, St Heliers
Reab on Selbourne w: www.reab.co.nz t: 09 360 2929 e: info@reab.co.nz	✓ 2 Selbourne Street, Grey Lynn
Rehab Co w: www.rehabcophysio.com t: 0800 734 2226 e: admin@rehabcophysio.com	✓ 48B Elizabeth Knox Place, St Johns ✓ 451s Ti Rakau Drive, Botany ✓ 5B Kaimahi Road, Wairau Valley
Remuera Physiotherapy and Pain Management w: Remueraphysiotherapy.co.nz t: 09 522 9240 e: reception@remueraphysiotherapy.co.nz	✓ 437 Remuera Road, Remuera
Renew Physio & Pelvic Health t: 021 0812 5846 e: admin@renewphysio.nz	✓ 41 Belgium Street, Waiuku
Re:Play Physio w: www.replayphysio.co.nz t: 021 1879 094 e: admin@replayphysio.co.nz	✓ 321 Oteha Valley Road (Albany Tennis Centre), Albany
Restore Physio & Pilates w: www.restorephysioandpilates.co.nz t: 09 945 0399 e: admin@restorephysioandpilates.co.nz	✓ Shop 7 Riverside Plaza, 4 Kapanui Street, Warkworth
Return To Form Limited w: www.returntoform.com t: 09 551 4460 e: info@returntoform.com	✓ 179A Ponsonby Road, Ponsonby
reVIVE Physiotherapy w: https://www.revivephysio.co.nz/ t: 021 267 4770 e: revivephysio@xtra.co.nz	✓ 22 Montgomery Ave, Rothesay Bay
Rhodes Physiotherapy Limited w: www.rhodesphysio.nz t: 09 600 2280 e: hello@rhodesphysio.nz	✓ 215 Wairau Road, Wairau Valley
Rise Physiotherapy w: www.risephysio.co.nz t: 09 558 8418 e: admin@risephysio.co.nz	✓ Unit 102, 7 Tamariki Avenue, Orewa
Riverhead Physiotherapy & Pilates w: www.riverheadphysio.co.nz t: 09 416 4455 e: physio@riverheadphysio.co.nz	✓ 1058 Coatesville Riverhead Highway, Riverhead
Roigard Physio t: 021 022 09948 e: roigardphysio@gmail.com	✓ 34 Great South Road, Papatoetoe

Clinic details and locations	Locations
Roland Jeffery Physiotherapy Limited w: www.rjphysio.co.nz t: 09 444 7643 e: admin@rjphysio.co.nz	✓ 22 Chartwell Avenue, Glenfield
Shanta Physio w: www.shantaphysio.co.nz t: 09 217 6960 or 021 748 680 e: admin@shantaphysio.co.nz	✓ 7/16-18 Taylors Road, Morningside
Shift Rehab w: www.shiftrehab.co.nz t: 09 625 2999 ext 2 e: physio.shiftrehab@gmail.com	✓ Three Kings Accident Medical Centre, 536 Mount Albert Road, Three Kings
Soma w: www.soma.co.nz t: 09 215 6564 e: info@soma.co.nz	✓ 717 Swanson Road, Swanson
Southern Physiotherapy Limited w: www.southernphysio.co.nz t: 09 297 7119 e: reception@southernphysio.co.nz	✓ 355 Great South Road, Opaheke, Papakura ✓ 90 Grove Road, Papakura
Sports Injury Clinics w: www.sportsinjuryclinics.co.nz t: 09 478 0578 e: info@sportsinjuryclinics.co.nz	✓ 950 East Coast Road, Northcross
Sports Physio (NZ) Ltd w: www.sportsphysio.co.nz t: 09 810 8594 e: tanya.browne42@gmail.com	✓ The Convent, 218 Parnell Road, Parnell
Sports & Spinal Physiotherapy Limited w: www.sportsandspinal.co.nz t: 0800 4 A PHYSIO (0800 427 497) e: info@sportsandspinal.co.nz	✓ 51 Swanson Road, Henderson ✓ 2 Montel Avenue, Henderson ✓ 5 Glendale Road, Glen Eden ✓ 13C Maki Street, Westgate ✓ 42J Constellation Drive, Mairangi Bay ✓ 139 Remuera Road, Remuera
Stoddard Road Physiotherapy w: www.stoddardroadphysio.co.nz t: 09 948 3551 e: naythan.demelo@gmail.com / hamza.mfarah16@gmail.com	✓ 223 Stoddard Road, Wesley
Takapuna Physiotherapy w: www.takapunaphysio.co.nz t: 09 486 3194 e: info@takapunaphysio.co.nz	✓ 2 Burns Ave, Takapuna
Tanoa Physio w: www.tanoaphysio.co.nz t: 09 267 0367 e: admin@tanoaphysio.co.nz	✓ 4 Halver Road, Manurewa
Te Atatu Health Physiotherapy w: https://www.tahealth.co.nz/ t: 09 900 1111 e: teatatuhealthphysio@gmail.com	✓ 544b Te Atatu Road, Te Atatu Peninsula

Clinic details and locations	Locations
The Body Workshop w: https://www.thebodyworkshop.co.nz/ t: 09 820 0039 e: reception@thebodyworkshop.co.nz	✓ 513 Rosebank Road, Avondale
The Corrective Clinic Physiotherapy w: www.tccp.co.nz t: 09 309 5639 e: paula@tccp.co.nz	✓ 186 Victoria St West, CBD ✓ 269 Khyber Pass Rd, New Market ✓ 2-4 Rankin Ave, New Lynn
The Elbow Clinic w: https://www.theelbowclinic.co.nz/ t: 09 883 0190 e: info@theelbowclinic.co.nz	✓ Level 3, Building C/95 Ascot Avenue, Remuera
The Mobile Physio w: www.themobilephysio.co.nz t: 021 148 1008 e: amy@themobilephysio.co.nz	Provide mobile services in the following areas: ✓ Albany, Torbay, Browns Bay, Long Bay, Mairangi Bay, Rothesay Bay, Milford, Takapuna, Birkenhead, Glenfield, Northcote, Orewa, Wainui, Millwater and Silverdale
The Movement Clinic t: 09 940 3035 e: themovementclinic@outlook.com	✓ 7 Carlton Crescent, Maraetai
THE PHYSIO w: thephysio.co.nz t: 022 021 4514 e: glynn@thephysio.co.nz	✓ 38 Waldorf Crescent, Orewa
The Physio Co. w: www.thephysioco.co.nz t: 021 0256 2821 e: hello@thephysioco.co.nz	✓ 46A Porana Road, Wairau Valley
The Rehab Studio w: www.therehabstudio.co.nz t: 027 825 4068 e: hello@therehabstudio.co.nz	✓ 9C Holder Place, Rosedale
The Urban Physio w: www.theurbanphysio.co.nz t: 09 216 7799 e: info@theurbanphysio.co.nz	✓ 76 Jervois Road, Ponsonby
The Villa Physio w: www.villaphysio.co.nz t: 027 233 2778 e: lloyd@villaphysio.co.nz	✓ 6 Griggs Road, Whitford
Ti Rakau Physio w: www.tirakauphysio.co.nz t: 09 273 8977 e: info@tirakauphysio.co.nz	✓ 316 Ti Rakau Drive, East Tamaki
Torbay Physio and Hand Therapy w: torbayhandphysio.co.nz t: 09 473 0333 e: admin@torbayhandphysio.co.nz	✓ 1042 Beach Road, Torbay

Clinic details and locations	Locations
Total Body Physio - Pakuranga w: www.totalbodyphysio.co.nz t: 09 535 1932 e: totalbodyphysio05@gmail.com e: admin@totalbodyphysio.co.nz	✓ 1 Sir Lloyd Drive, Pakuranga ✓ 14 Fusion Road, Flatbush ✓ 2 Rangiwai Road, Titirangi
Total Physio w: www.totalphysio.co.nz t: 09 849 7711 e: receptionist@totalphysio.co.nz	✓ 52 St Lukes Road, St Lukes
Touchpoint Physiotherapy w: www.touchpointphysio.co.nz t: 027 352 8080 e: hello@touchpointphysio.co.nz	✓ 516 East Coast Rd, Mairangi Bay
Triumph Physio w: www.triumph-physio.co.nz t: 09 526 1448 e: info@triumph-physio.co.nz	✓ 52 Remuera Road, Newmarket ✓ 197 Broadway, Newmarket ✓ shop 12/2 Harris Road, Mount Wellington
Tuakau Physiotherapy 2011 Limited w: www.tuakauphysio.com t: 09 236 8472 e: admin@tuakauphysio.com	✓ 5/53 George Street, Tuakau
The Physio Bunker w: www.thephysiobunker.co.nz t: 021 058 1540 e: info@thephysiobunker.co.nz	✓ 16 Learmonth Ave, Birkenhead
Unisportsmed Physiotherapy Limited w: www.sportsmed.net.nz/our-services/physiotherapy t: 09 521 9818 e: info@sportsmed.net.nz	✓ 261 Morrin Road, St Johns ✓ 130 Pakuranga Road, Pakuranga
Urban Athlete w: www.urbanathlete.co.nz t: 09 356 7276 e: info@urbanathlete.co.nz	✓ Level 3, Vulcan Building, 118, Auckland CBD
Velca w: www.Velca.co.nz t: 09 950 6801 e: Info@velca.co.nz	✓ 3/10 Wellington Street, Howick
Vel Physio Works w: www.velphysioworks.co.nz t: 027 381 3335 e: admin@velphysioworks.co.nz	✓ 47 Aviemore Drive, Highland Park
Viva Physiotherapy w: www.vivaphysiotherapy.co.nz t: 09 962 7726 e: admin@vivaphysiotherapy.co.nz	✓ 168 Golf Road, Titirangi
Waiheke Physiotherapy w: www.waihekephysio.co.nz t: 09 372 8281 e: admin@waihekephysio.co.nz	✓ 21E Belgium Street, Ostend, Waiheke Island ✓ Waiheke Sports Club, Causeway, Ostend, Waiheke Island ✓ Waiheke Workout Gym, Tahi Road, Ostend, Waiheke Island

Clinic details and locations	Locations
Wairau Physiotherapy w: wairauphysio.co.nz t: 021 720 018 e: caleb@wairauphysio.co.nz	✓ 5b Kaimahi Road, Wairau Valley
Waitakere Physiotherapy w: www.waitakerephysiotherapy.co.nz t: 09 836 4666 e: waitakere@masseyphysio.co.nz	✓ 3 Edsel Street, Henderson
Wang Physiotherapy w: https://wang-physiotherapy.business.site/ t: 021 124 3836 e: wangphysiotherapy@gmail.com	✓ 9 Koraha Street, Remuera
West Auckland Physio w: www.westaucklandphysio.co.nz t: 09 818 3125 e: reception@westaucklandphysio.co.nz	✓ 4157 Great North Road, Glen Eden
Westside Physio w: www.westsidephysio.co.nz t: 020 4056 0015 e: admin@westsidephysio.co.nz	✓ 75 Jaemont Avenue, Te Atatu South
Z PERFORMANCE w: www.zperformancelwc.com t: 022 088 1698 e: wzhang@zperformancelwc.com	✓ 30/15 Bishop Lenihan Place, East Tamaki