

An individualised approach using the best treatments available

The Brighton Spinal Group provides the best multidisciplinary care and management of spinal pain and associated conditions

Individualised programs tailored to your needs

Proven treatments drawn from ten different disciplines

20 qualified practitioners, including medical specialists, osteopaths and musculoskeletal physiotherapists

State-of-the-art gym and clinical pilates studio for supervised rehabilitation and conditioning programs for all ages.



Brighton Spinal Group Hours

Monday to Friday 8.00am - 8.00pm
Saturday 8.00am - 4.00pm

Fees and payment

Payment is required at completion of the consultation. Cash, cheque, credit card and EFTPOS facilities are available. For those with private health insurance, Hicaps facilities are available for immediate physiotherapy and osteopathy rebates.

Brighton Spinal Group is a recognised provider for Workcover, TAC, Veteran Affairs and Enhanced Primary Care Plans. For Workcover and TAC, please inform administration at time of booking and provide full details of your claim for account processing.

How to get there

Parking is available at the front and the rear of the clinic. To access rear car park, enter via Warriston Street. **Public transport:** 500m from North Brighton Railway Station . Bus Route 600.



BSG clinic: 441 Bay St, Brighton, Vic 3186
Telephone: 9596 7211 Fax: 9596 7871
Email: manager@brightonspinal.com.au
Web: www.brightonspinal.com.au



Comprehensive spinal and joint care

Our experience

In 1985, the Brighton Spinal Group became the first clinic in Melbourne to embrace a new approach to the assessment and treatment of muscle and joint pain. The idea was simple; to integrate the skills of medical specialists, osteopaths and physiotherapists to provide a complete approach to treatment.

More than twenty years later, the clinic continues to lead the way in the treatment of muscle and joint pain, utilising the best practices from a wide range of proven treatments.

Our team consists of over twenty highly qualified practitioners from a variety of disciplines, all working together to ensure that you receive the highest standard of care.

Our approach

The most effective treatment of spinal and joint conditions requires a detailed assessment and co-ordinated management plan. To optimise your recovery, we create an individualised program tailored to your specific needs. Each person's program draws on a holistic framework of the best proven treatments currently available.

We embrace the highest ethical standards in everything we do. As members of our clinic, all our practitioners have an ongoing commitment to medical education, research and professional development. Our integrity as quality service providers ensures our patients receive the best standard of healthcare possible.

Our people

The Brighton Spinal Group consists of a comprehensive multidisciplinary team of experienced spinal and joint specialists. They are drawn from over ten distinct, but complementary areas of healthcare.

Our treatments and services

Our multidisciplinary approach allows us to provide a wide range of treatments, such as:

- Musculoskeletal Medicine
- Musculoskeletal Physiotherapy
- Osteopathy
- Clinical Pilates
- Acupuncture
- Epidural and Fluoroscopic Guided Joint Injections
- Remedial Massage and Bowen Therapy
- Exercise Physiology
- Occupational Therapy
- Hydrotherapy
- Psychology and Relaxation Therapy
- Chronic Pain Management
- Orthopaedic Surgery
- Consultant Rheumatology
- Sports Medicine
- Nutritional and Dietary Advice
- Ergonomics and work site assessments

Our facilities

In addition to our practitioner consulting rooms, the clinic includes both a state-of-the-art health and fitness gymnasium and a clinical pilates studio. These provide the platform for our rehabilitation services. The facilities are supervised by physiotherapists and exercise physiologists and offer programs for all ages, levels of fitness and ability.

Our range of rehabilitation and conditioning programs focus on:

- Chronic Back Pain
- Injury Prevention
- General Weight Loss
- Injury Prevention
- Osteoporosis and Osteoarthritis
- Whiplash

