

## Giving you an ACTIVE choice



**Elke Rudolph**  
Owner/Principal of  
Lansdowne Physiotherapy



**Amanda Robertson**  
Physiotherapist

### Lansdowne Physiotherapy & Clinical Pilates

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# An Introduction to Lansdowne Physiotherapy

**Lansdowne Physiotherapy** was established over 15 years ago and has a well earned reputation for providing holistic care, particularly spinal care, through the integration of Physiotherapy, Clinical Pilates and the Alexander Technique.

Every treatment program will vary and will contain elements from one or more of these effective treatment approaches.

The sequence and timing of applying these approaches can be crucial in the success of your program.

Our aim is for you to make a smooth transition from acute treatment, to increased knowledge and awareness in relation to your injury, through to self management.

The first thing we do is a comprehensive assessment, which includes gaining an understanding of your expectations.

Depending on your situation, we will often include a core stability, postural and basic movement assessment.

**Elke Rudolph** is the owner/principal of Lansdowne Physio, and works alongside Physiotherapist **Amanda Robertson**, with **Sue Page** and **Lynne Wells** operating the front desk.

On top of her extensive Physiotherapy experience Elke is a qualified Alexander Technique teacher and is a credentialed therapist in the McKenzie approach to mechanical diagnosis and therapy. More recently Elke has gained post-graduate qualifications in women's continence and pelvic floor treatment.

Amanda is a qualified Aquatic Physiotherapist (this used to be called Hydrotherapy). Elke and Amanda both have additional qualifications in Clinical Pilates.

In addition to offering general, sports and aquatic Physiotherapy services, Lansdowne Physio has tailored its unique blend of experience and expertise to offer the following specialised 6-week packages:

- **Postural Awareness & Core Stability**
- **Alexander Technique**

*Please talk to us for more information on these packages, or see our separate Information sheets.*

### Offering you a WIDER choice

- Back Pain
- Neck Pain
- Clinical Pilates
- Alexander Technique
- Aquatic Physiotherapy
- Postural Re-education
- Sports Injuries
- McKenzie Technique
- Continence and Pelvic Floor

