

One Culture Adelaide Physiotherapy

Meet our Physiotherapist, Maurice



Maurice graduated with a Bachelor's of Physiotherapy from UniSA in 2018. He previously worked in private practice where he worked with people of all ages, including the elderly population assisting clients to improve their independence, mobility and pain. He also has experience with NDIS participants with a wide variety of different conditions and disabilities.

Maurice values the importance of active management of conditions through tailored goal-focussed exercise rehabilitation. He is passionate about making long term benefits to health and general well-being. He is also very experienced in various manual therapies for managing pain and treating conditions through his private practice work. Maurice loves to make connections and build professional friendships with all his clients and colleagues.

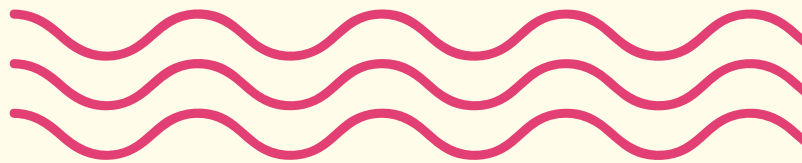


You will be attending Physiotherapy at...

One Culture Support Services

[U4/387 Churchill Rd, Kilburn 5084](#)

There are plenty of car spaces directly out the front of One Culture Support Services for you to use.



Here are some pictures of the location



Here is some of the equipment we will be using



Balance blocks



Gym ball



Soft mat



Foam Roller



What other equipment do you like to use?
Let Maurice know!

What your physiotherapy session might look like



Arriving at the session

When I arrive I might have to wait for the physio to finish a session. So I wait in the foyer until they come over to greet me.



The Assessment

They ask me to move different body parts to see how I'm doing. It's like a fun game!



Exercises and Activities:

I do exercises with their help. They might use cool equipment like bands or soft balls.



Doing My Best:

I try my best, but it's okay if it's hard. They make it easier if needed and support me.



Homework:

Sometimes, they give me exercises to do at home to get even stronger.



Saying Goodbye

We say goodbye, and I might get a high-five. I'm doing great and getting stronger every day!

Your session will last for 1 hour

Maurice's rules



Maurice has 3 rules for your session

1

Try Your Best: Maurice will give you exercises and activities to do. Try your best, but don't worry if something is hard. They understand, and they can make things easier if you need it.

2

Listen: When the Maurice shows you what to do, listen carefully and follow their instructions. They are there to help you get stronger and feel better.

3

Ask Questions: It's okay to ask questions if something is unclear or if you're curious about what's happening. Maurice is happy to explain things to you.

With these rules in mind, you'll have a great physiotherapy appointment and work towards becoming even stronger and healthier.

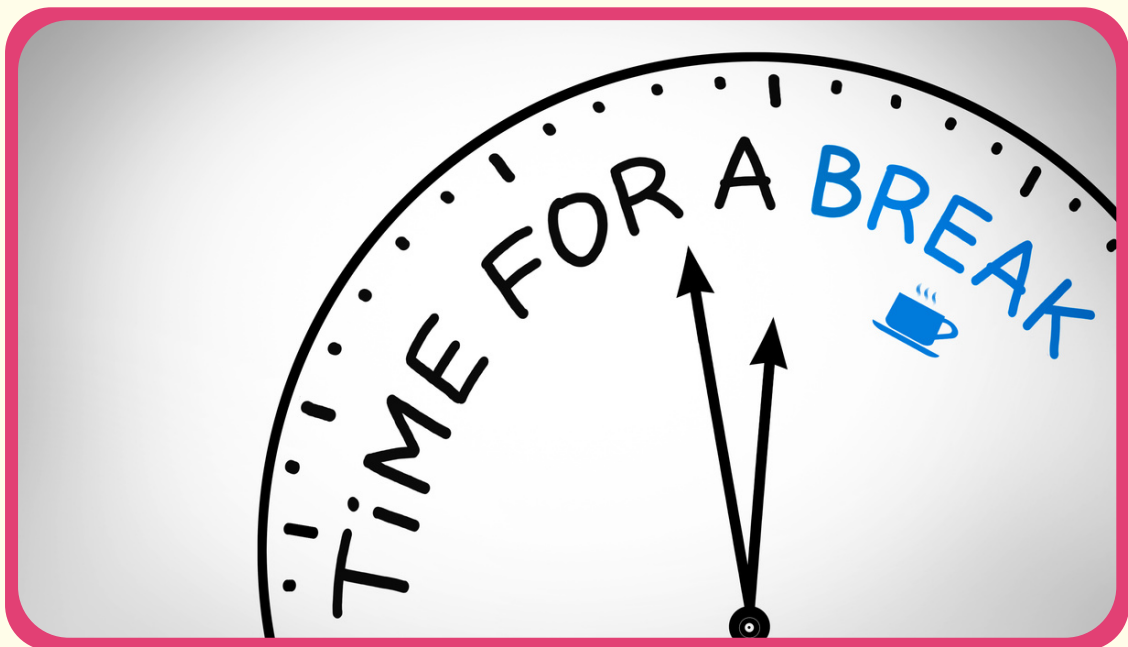
You're doing great!

Break



If you need a break, you can ask Maurice and tell him what you need.

Make sure if you need a break that you stay where Maurice can see you.



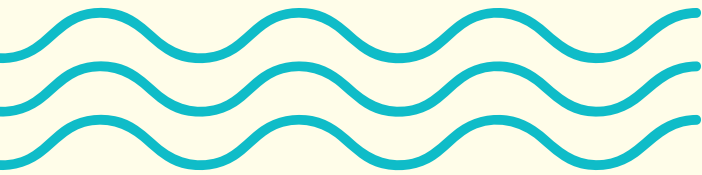
Thank you



Thank you for taking the time to read through our Social Story.

If you have any feedback, recommendations, questions, or comments please email us at the address listed at the bottom of the page.

We can't wait to see you at One Culture Physiotherapy!



Phone: 08 7080 3894

Email: info@oneculturegroup.org

