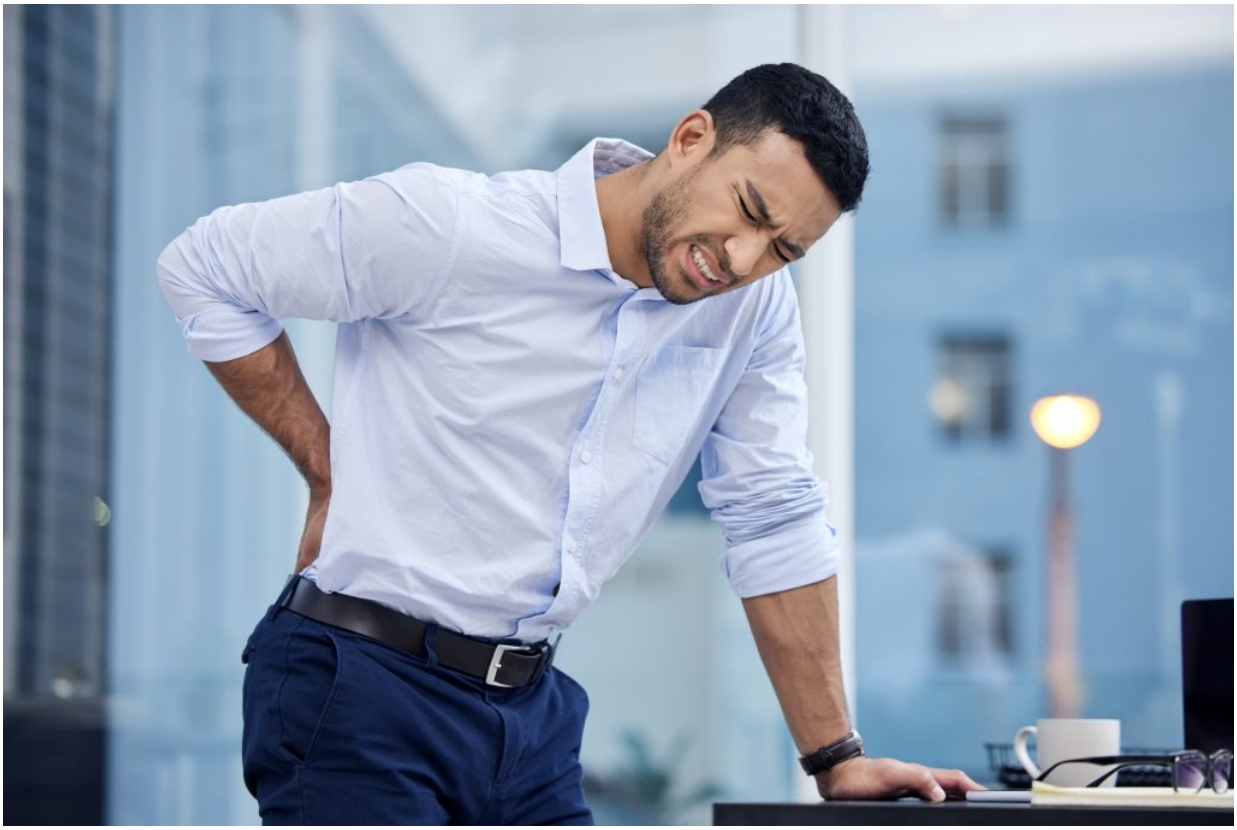
Effective Physiotherapy Solutions for Back Pain in Manly



Back pain is one of the most common reasons people seek physiotherapy. Whether caused by sports injuries, heavy lifting, poor posture, or long hours at a desk, back pain can interfere with work, exercise, and daily life. At In Balance Physio Manly, our experienced team specialises in treating the underlying causes of back pain and back injuries helping you achieve lasting relief and a stronger, healthier spine.

Book Now

Why Choose In Balance Physio Manly?

Our goal is not just short-term relief — but long-lasting results that restore your health and keep you active.

E: admin@ibphysio.com.au | T: 02 9976 3540 | F: 02 9976 3290 | Suite 14, Level 2, 22 Darley Road, Manly, NSW 2095 Australia

- **Expert Physios** with extensive experience in back pain and spinal injuries
- **Proven track record of success** with more 5 star reviews than any competitors in the area
- **Holistic approach** combining treatment, exercise, and education
- **Personalised care** tailored to your goals, lifestyle, and activity level
- **Generous appointment times** to allow us to adequately listen to you, assess your issues, provide hands on treatment for pain relief and corrective exercises to correct the underlying issues
- **Modern well appointed clinic** with rehab and Pilates gym
- **Convenient Manly location** with nearby parking and easy access

Whether you're dealing with sudden lower back pain, a sports-related injury, or ongoing stiffness, our team can provide the right back physio treatment in Manly to help you recover.

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Book Now

Common Back Conditions We Treat

Our physiotherapists regularly help patients with:

- **Lower back pain** from muscle strain or postural issues
- **Sciatica and nerve pain**
- **Lumbar disc injuries**
- **Scoliosis**

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- **Sports-related back injuries**
- **Chronic back stiffness or degenerative changes**
- **Rehabilitation after spinal surgery**

If you're searching for physiotherapy for back pain in Manly, our clinic provides evidence-based, personalised treatment to get you moving again.

Take the First Step to a Stronger, Pain-Free Back

Back pain doesn't have to control your life. With expert physiotherapy, you can reduce pain, restore strength, and prevent future injuries.



Book Now

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Book your appointment today with In Balance Physio Manly and take the first step towards lasting relief.

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