Effective Physiotherapy Solutions for Knee Pain in Manly



Knee pain is one of the most common musculoskeletal issues we treat. Whether your pain is caused by injury, arthritis, overuse, or biomechanical problems, our experienced physiotherapists provide personalised treatment to help you move freely and confidently again, getting you back doing the things that you love. Our goal is to not only reduce pain but also to address the root cause, restore strength and mobility, and prevent future flare-ups.

Book Now

Why Choose In Balance Physio in Manly?

- **Expert Physios** with extensive experience in knee pain and injury
- **Proven track record of success** with more 5-star reviews than any competitors in the area
- **Holistic approach** combining treatment, exercise, and education

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

- **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



Book Now

Common Conditions We Treat

- Knee Osteoarthritis
- Patellofemoral pain
- Runners Knee

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- Meniscal injuries
- ACL injuries
- MCL injuries

Physiotherapy Treatment for Knee Pain

At In Balance Physio, we combine evidence-based techniques with a hands-on approach to achieve long-lasting results. Your knee pain treatment may include:

- **Comprehensive assessment & diagnosis** – identifying the true cause of your knee pain
- **Hands-on therapy** – joint mobilisation, massage, dry needling (if appropriate)
- **Exercise therapy** – strengthening, stretching, and stability exercises for knee support
- **Biomechanical correction** – gait retraining, posture correction, and load management
- **Rehabilitation programs** – progressive exercises for return to sport or daily activities
- **Education & self-management strategies** – empowering you to prevent future knee pain

Take the first step to a pain free knee today

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Don’t let knee pain hold you back! Book an assessment with one of our highly skilled Manly physio today and start your journey to pain-free movement.

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