

Effective Physiotherapy Solutions for Shoulder Pain in Manly



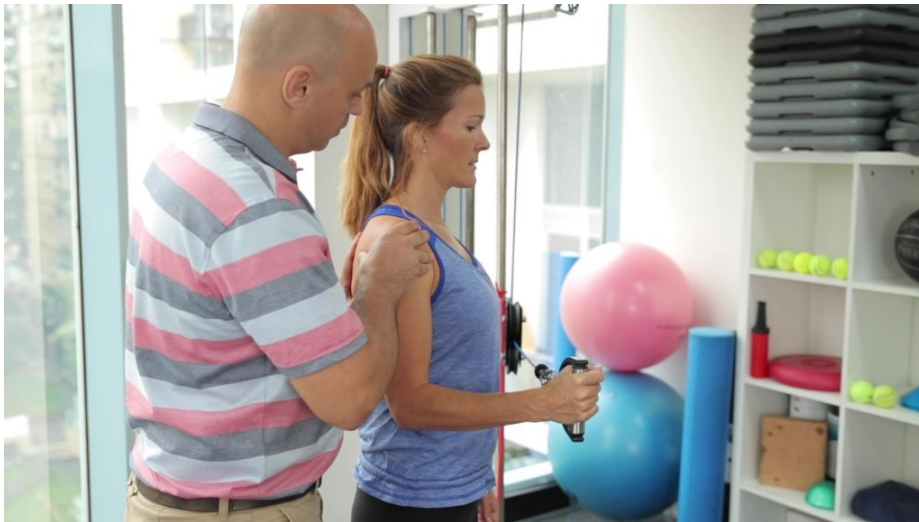
Shoulder pain can make even the simplest movements—like reaching, lifting, or sleeping—uncomfortable. At In Balance Physio, our experienced physiotherapists provide evidence-based treatment for shoulder pain from our Manly clinic, helping you regain mobility, reduce discomfort, and return to the activities you enjoy. Whether your shoulder pain is from a sports injury, postural strain, or age-related wear and tear, our tailored treatment plans address both the symptoms and the root cause.

Why Choose In Balance Physio in Manly?

Book Now

- **Expert Physios** with extensive experience in shoulder 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

- **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

Physiotherapy Treatment for Shoulder Pain

At In Balance Physio, we combine evidence-based techniques with a hands-on approach to get to the root cause of your shoulder injury and achieve long-lasting results. Your shoulder treatment may include:

- **Comprehensive assessment & diagnosis** – identifying the true cause of your shoulder 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

Common Conditions We Treat

- [Rotator cuff injury](#)
- Post surgical shoulder rehabilitation
- Shoulder Bursa injuries
- [Frozen Shoulder](#)
- [Shoulder dislocation and instability](#)
- Postural shoulder pain and stiffness
- [ACJ joint injury](#)

Take the First Step to a Pain free shoulder Today!



Book Now

Don't let shoulder pain limit your movement or quality of life. At In Balance Physio, we'll provide you with a personalised treatment plan for lasting results. Call us now or book online to start your journey to pain-free movement.