

# PINC Physiotherapy Clinics



## North Island

<b>Active+ Albany</b>	Albany Auckland	09 444 1925	<a href="http://www.activeplus.co.nz/locations/albany-north-shore">www.activeplus.co.nz/locations/albany-north-shore</a>
<b>Active+ Ellerslie</b>	Ellerslie Auckland	09 579 0004	<a href="http://www.activeplus.co.nz/locations/ellerslie">www.activeplus.co.nz/locations/ellerslie</a>
<b>Active+ Howick</b>	Howick, Auckland	09 535 9160	<a href="http://www.activeplus.co.nz/locations/howick">www.activeplus.co.nz/locations/howick</a>
<b>Active+ Mt Eden</b>	Mount Eden Auckland	09 631 0010	<a href="http://www.activeplus.co.nz/locations/dominion-road/">www.activeplus.co.nz/locations/dominion-road/</a>
<b>Active+ Papakura</b>	Papakura Auckland	09 296 1026	<a href="http://www.activeplus.co.nz/locations/papakura-counties-care/">www.activeplus.co.nz/locations/papakura-counties-care/</a>
<b>Active+ Silverdale</b>	Silverdale Auckland	09 427 4477	<a href="http://www.activeplus.co.nz/locations/active-silverdal">www.activeplus.co.nz/locations/active-silverdal</a>
<b>Active+ Snells Beach</b>	Snells Beach, Auckland	09 425 4433	<a href="http://www.activeplus.co.nz/locations/snells-beach">www.activeplus.co.nz/locations/snells-beach</a>
<b>Active+ Warkworth</b>	Warkworth Auckland	09 425 7698	<a href="http://www.activeplus.co.nz/locations/warkworth">www.activeplus.co.nz/locations/warkworth</a>
<b>Auckland Physiotherapy</b>	Newmarket Auckland	09 366 4480	<a href="http://www.aucklandphysiotherapy.co.nz">www.aucklandphysiotherapy.co.nz</a>
<b>Bay Physiotherapy*</b>	St Heliers Auckland	09 575 3666	<a href="http://www.bayphysiostheliers.co.nz">www.bayphysiostheliers.co.nz</a>
<b>bcalm Physiotherapy</b>	Rothesay Bay Auckland	021 735 059	<a href="http://www.bcalmphysiotherapy.co.nz">www.bcalmphysiotherapy.co.nz</a>
<b>Clendon Physiotherapy</b>	Manurewa Auckland	09 266 3166	<a href="mailto:alison@clendonphysio.co.nz">alison@clendonphysio.co.nz</a>
<b>Harbour Cancer Centre Physiotherapy</b>	Glenfield Auckland	09 925 4451	<a href="http://www.harbourcancer.co.nz">www.harbourcancer.co.nz</a>
<b>New Lynn Physiotherapy</b>	New Lynn, Auckland	09 826 1122	<a href="http://www.newlynnphysio.co.nz">www.newlynnphysio.co.nz</a>
<b>Peak Pilates and PhysiotherapyBotany</b>	Botany Downs Auckland	09 274 6000	<a href="http://www.peakpilatesgroup.co.nz/studio/botany">www.peakpilatesgroup.co.nz/studio/botany</a>

### For more information

0800 BC NURSE (0800 226 8773) – [breastnurse@bcf.org.nz](mailto:breastnurse@bcf.org.nz)

[www.breastcancerfoundation.org.nz](http://www.breastcancerfoundation.org.nz)

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<b>Peak Pilates and Physiotherapy Grey Lynn</b>	Grey Lynn, Auckland	09 376 8343	<a href="http://www.peakpilatesgroup.co.nz/studio/grey-lynn">www.peakpilatesgroup.co.nz/studio/grey-lynn</a>
<b>Peak Pilates and Physiotherapy Merton Rd/St Johns</b>	St Johns Auckland	09 950 6102	<a href="http://www.peakpilates.co.nz/st-johns-merton-rd">www.peakpilates.co.nz/st-johns-merton-rd</a>
<b>Peak Pilates and Physiotherapy Millwater</b>	Millwater Auckland	09 959 0211	<a href="http://www.peakpilatesgroup.co.nz/studio/millwater">www.peakpilatesgroup.co.nz/studio/millwater</a>
<b>Peak Pilates and Physiotherapy St Heliers</b>	St Heliers Auckland	09 575 6418	<a href="http://www.peakpilates.co.nz/st-heliers/">www.peakpilates.co.nz/st-heliers/</a>
<b>Physio Culture Ltd</b>	Orewa Auckland	022 354 8466	<a href="mailto:pinc.physio@gmail.com">pinc.physio@gmail.com</a>
<b>Physio Flex</b>	Helensville Auckland	09 420 8899	<a href="http://www.physioflex.co.nz">www.physioflex.co.nz</a>
<b>Physio Mechanics Karaka</b>	Karaka Auckland	09 296 7677	<a href="http://www.physiomechanics.co.nz/clinic/karaka-clinic/">www.physiomechanics.co.nz/clinic/karaka-clinic/</a>
<b>Physio Mechanics Pukekohe</b>	Pukekohe Auckland	09 237 1080	<a href="http://www.physiomechanics.co.nz/clinic/pukekohe-clinic/">www.physiomechanics.co.nz/clinic/pukekohe-clinic/</a>
<b>Physio Mechanics Takanini</b>	Takanini Auckland	09 299 7677	<a href="http://www.physiomechanics.co.nz/clinic/takanini-licin/">www.physiomechanics.co.nz/clinic/takanini-licin/</a>
<b>Physio Rehab Group Lunn Ave</b>	Remuera Auckland	09 527 8468	<a href="http://www.physiorehabgroup.co.nz/lunn-ave">www.physiorehabgroup.co.nz/lunn-ave</a>
<b>Physio Rehab Group Mangere</b>	Mangere, Auckland	09 979 5111	<a href="http://www.physiorehabgroup.co.nz/mangere/">www.physiorehabgroup.co.nz/mangere/</a>
<b>Ponsonby Physiotherapy</b>	Ponsonby Auckland	09 378 6890	<a href="http://www.ponsonbyphysio.co.nz">www.ponsonbyphysio.co.nz</a>
<b>Takapuna Physiotherapy</b>	Takapuna Auckland	09 486 3194	<a href="http://www.takapunaphysio.co.nz">www.takapunaphysio.co.nz</a>
<b>TBI Health Ellerslie</b>	Ellerslie Auckland	09 525 6340	<a href="http://www.tbihealth.co.nz">www.tbihealth.co.nz</a>
<b>TBI Health Henderson</b>	Henderson Auckland	09 979 1165	<a href="http://www.tbihealth.co.nz">www.tbihealth.co.nz</a>
<b>TBI Health Te Atatu</b>	Te Atatu Auckland	09 525 6340	<a href="http://www.tbihealth.co.nz">www.tbihealth.co.nz</a>

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# PINC Physiotherapy Clinics



<b>Top North Spinal and Sport Physiotherapy</b>	Kaitia Northland	09 408 0699	<a href="http://www.topnorthphysio.co.nz">www.topnorthphysio.co.nz</a>
<b>Physio Culture Ltd</b>	Mangonui Northland	022 354 8466	<a href="mailto:pinc.physio@gmail.com">pinc.physio@gmail.com</a>
<b>Bodyworks Physiotherapy &amp; Wellness</b>	Kerikeri Northland	09 407 4288	<a href="http://www.bodyworksphysio.co.nz">www.bodyworksphysio.co.nz</a>
<b>Active+ Northland</b>	Whangārei Northland	09 437 1021	<a href="http://www.activeplus.co.nz/locations/northland/">www.activeplus.co.nz/locations/northland/</a>
<b>Onerahi Physio</b>	Whangārei Northland	09 436 0919	<a href="http://www.onerahiphysio.co.nz">www.onerahiphysio.co.nz</a>
<b>Renee Wood - Āki Innovations</b>	Sun Salute Yoga Studio Hamilton East	021 081 58383	<a href="mailto:renee@aki.nz">renee@aki.nz</a> <a href="mailto:marcia@aki.nz">marcia@aki.nz</a>
<b>Hillcrest Physiotherapy</b>	Hillcrest, Hamilton	07 856 4656	<a href="http://www.hillcrestphysio.co.nz">www.hillcrestphysio.co.nz</a>
<b>Otorohanga Physiotherapy</b>	Otorohanga, Waikato	07 873 7485	<a href="http://www.otophysio.co.nz">www.otophysio.co.nz</a>
<b>Focused Physiotherapy Te Awamutu</b>	Te Awamutu, Waikato	07 871 4321	<a href="http://www.focusedphysio.co.nz">www.focusedphysio.co.nz</a>
<b>Thames Physiotherapy Clinic</b>	Thames Waikato	07 868 9579	<a href="http://www.thamesphysio.co.nz">www.thamesphysio.co.nz</a>
<b>Skin Deeper</b>	Waihi Waikato	021 239 2341	<a href="mailto:viv@totalwp.co.nz">viv@totalwp.co.nz</a>
<b>Avenues Physio-Fitness</b>	Tauranga Sth Tauranga	07 579 0421	<a href="http://www.avenuesphysiofitness.co.nz">www.avenuesphysiofitness.co.nz</a>
<b>Body in Motion Bethlehem</b>	Bethlehem Tauranga	07 927 3330	<a href="http://www.bodyinmotion.co.nz/bethlehem">www.bodyinmotion.co.nz/bethlehem</a>
<b>Body in Motion Mount Maunganui</b>	Mt Maunganui, Tauranga	07 927 3330	<a href="http://www.bodyinmotion.co.nz/mount-maunganui">www.bodyinmotion.co.nz/mount-maunganui</a>
<b>Te Puke Physiotherapy</b>	Te Puke	07 573 7975	<a href="http://www.tepukephysio.co.nz">www.tepukephysio.co.nz</a>
<b>Te Ngae Physiotherapy &amp; Pilates</b>	Lynmore Rotorua	07 282 2047	<a href="http://www.globalrehabilitation.co.nz">www.globalrehabilitation.co.nz</a>

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<b>Penelope Tyson – Physio4Life</b>	Gisborne Tairāwhiti	027 510 3151	<a href="http://www.physio4life.com">www.physio4life.com</a> <a href="mailto:Penelope.tyson@activeplus.co.nz">Penelope.tyson@activeplus.co.nz</a>
<b>Beth Averill Physio</b>	Havelock North Hastings	027 684 0078	<a href="mailto:beth@bethphysio.co.nz">beth@bethphysio.co.nz</a>
<b>Active+New Plymouth</b>	New Plymouth	06 769 9992	<a href="http://www.activeplus.co.nz">www.activeplus.co.nz</a>
<b>Bounceback Physiotherapy</b>	New Plymouth, Taranaki	06 759 2393	<a href="https://bounceback.co.nz/locations/new-plymouth/">https://bounceback.co.nz/locations/new-plymouth/</a>
<b>Bounceback Physio Bellblock</b>	Bell Block Taranaki	06 755 9393	<a href="https://bounceback.co.nz/locations/bell-block/">https://bounceback.co.nz/locations/bell-block/</a>
<b>Bounceback Physio Waitara</b>	Waitara Taranaki	06 929 3349	<a href="https://bounceback.co.nz/locations/waitara/">https://bounceback.co.nz/locations/waitara/</a>
<b>Physio Pilates</b>	New Plymouth Taranaki	021 199 2119	<a href="http://www.physiopilates.co.nz">www.physiopilates.co.nz</a>
<b>TBI Health New Plymouth</b>	New Plymouth Taranaki	06 222 0066	<a href="http://www.tbihealth.co.nz/new-plymouth-clinic">www.tbihealth.co.nz/new-plymouth-clinic</a>
<b>Churchyard Physiotherapy</b>	Palmerston North	06 354 8008	<a href="http://www.churchyardphysio.co.nz">www.churchyardphysio.co.nz</a>
<b>Active Plus Palmerston North</b>	Palmerston North	06 357 1705	<a href="https://www.activeplus.co.nz/locations/palmerston-north/">https://www.activeplus.co.nz/locations/palmerston-north/</a>
<b>Active Plus Feilding</b>	Feilding	06 357 1705	<a href="https://www.activeplus.co.nz/locations/feilding/">https://www.activeplus.co.nz/locations/feilding/</a>
<b>Active Plus Marton</b>	Marton	06 927 0510	<a href="https://www.activeplus.co.nz/locations/marton/">https://www.activeplus.co.nz/locations/marton/</a>
<b>Active Plus Whanganui</b>	Whanganui	06 348 2069	<a href="https://www.activeplus.co.nz/locations/whanganui/">https://www.activeplus.co.nz/locations/whanganui/</a>
<b>C Wellness</b>	Paraparaumu, Kapiti	022 635 2934	<a href="mailto:help@cwellness.co.nz">help@cwellness.co.nz</a>
<b>HABIT Kapiti</b>	Paraparaumu Kapiti	04 298 6491	<a href="http://www.habitrehab.co.nz/clinics/kapiti">www.habitrehab.co.nz/clinics/kapiti</a>
<b>HABIT Evans Bay</b>	Kilbirnie Wellington	04 387 2888	<a href="http://www.habitrehab.co.nz/clinics/habit-evans-bay">www.habitrehab.co.nz/clinics/habit-evans-bay</a>

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<b>arc Physio Pilates Kelburn</b>	Kelburn Wellington	0800 474 528	<a href="https://www.arcwellness.nz/">https://www.arcwellness.nz/</a>
<b>arc Physio Pilates Hataitai</b>	Hataitai Wellington	0800 474 528	<a href="https://www.arcwellness.nz/">https://www.arcwellness.nz/</a>
<b>arc Physio Pilates Petone</b>	Petone Wellington	0800 474 528	<a href="https://www.arcwellness.nz/">https://www.arcwellness.nz/</a>
<b>TBI Health Lower Hutt</b>	Lower Hutt Wellington	04 570 2639	<a href="http://www.tbihealth.co.nz">www.tbihealth.co.nz</a>
<b>TBI Health Newton</b>	Newton Wellington	04 381 8690	<a href="http://www.tbihealth.co.nz">www.tbihealth.co.nz</a>
<b>TBI Health Wellington Central</b>	Wellington Central	04 499 4564	<a href="http://www.tbihealth.co.nz">www.tbihealth.co.nz</a>
<b>Wellington Sports Med</b>	Kilbirnie Wellington	04 909 7609	<a href="http://www.wellingtonsportsmed.co.nz">www.wellingtonsportsmed.co.nz</a>

## South Island

<b>Well &amp; Good Health</b>	Blenheim Marlborough	03 577 8999	<a href="http://www.wellandgoodhealth.co.nz">www.wellandgoodhealth.co.nz</a>
<b>Activate Physiotherapy &amp; Rehabilitation</b>	Nelson	03 548 2622	<a href="http://www.activatephysiotherapy.co.nz">www.activatephysiotherapy.co.nz</a>
<b>Active Health Rangiora North Canterbury</b>	Rangiora Canterbury	03 383 6290	<a href="http://www.activehealth.co.nz/north-canterbury">www.activehealth.co.nz/north-canterbury</a>
<b>Active Health Christchurch</b>	St Albans & New Brighton Christchurch	03 383 6290	<a href="http://www.activehealth.co.nz/christchurch">www.activehealth.co.nz/christchurch</a>
<b>Complete Physiotherapy</b>	Lincoln Christchurch	021 046 0201	<a href="http://www.completephysiotherapy.co.nz">www.completephysiotherapy.co.nz</a>
<b>On The Go Physio</b>	Addington Christchurch	021 247 0514	<a href="http://www.onthegophysio.co.nz">www.onthegophysio.co.nz</a>
<b>TBI Health Christchurch</b>	Caledonian Road Christchurch	03 222 2366	<a href="http://www.tbihealth.co.nz">www.tbihealth.co.nz</a>
<b>Motus Ashburton</b>	Allenton Ashburton	03 308 3838	<a href="http://www.motushealth.co.nz/physio-clinics/motu-ashburton">www.motushealth.co.nz/physio-clinics/motu-ashburton</a>

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<b>Total Physiotherapy</b>	Fairlie Canterbury	03 239 1856	<a href="http://www.totalphysiotherapy.co.nz">www.totalphysiotherapy.co.nz</a>
<b>My Physio</b>	Highfield Timaru	03 686 9399	<a href="http://www.myphysio.health.nz">www.myphysio.health.nz</a>
<b>TBI Health Hokitika</b>	Hokitika West Coast	03 222 5045	<a href="http://www.tbihealth.co.nz">www.tbihealth.co.nz</a>
<b>West Coast Physio</b>	Hokitika West Coast	03 755 6887	<a href="http://www.westcoastphysio.co.nz">www.westcoastphysio.co.nz</a>
<b>Central Lakes Physiotherapy</b>	Wanaka Otago	03 443 1711	<a href="http://www.physiowanaka.co.nz">www.physiowanaka.co.nz</a>
<b>Total Physiotherapy</b>	Wanaka Otago	021 082 03622	<a href="http://www.totalphysiotherapy.co.nz">www.totalphysiotherapy.co.nz</a>
<b>Your Physio</b>	Cromwell Otago	021 851 467	<a href="http://www.yourphysio.nz">www.yourphysio.nz</a>
<b>Queenstown Physiotherapy</b>	Queenstown Otago	03 441 0580	<a href="http://www.queenstownphysiotherapy.com">www.queenstownphysiotherapy.com</a>
<b>Back in Motion Centre City</b>	Dunedin	03 474 9400	<a href="http://www.backinmotion.co.nz">www.backinmotion.co.nz</a>
<b>Windsor Street Physiotherapy</b>	Windsor Invercargill	03 217 4983	<a href="http://www.windsorphysio.co.nz">www.windsorphysio.co.nz</a>

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