

North Island

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

For more information

0800 BC NURSE (0800 226 8773) – breastnurse@bcf.org.nz

www.breastcancerfoundation.org.nz

PINC Physiotherapy Clinics



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

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

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

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PINC Physiotherapy Clinics



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

South Island

Well & Good Health	Blenheim Marlborough	03 577 8999	www.wellandgoodhealth.co.nz
Activate Physiotherapy & Rehabilitation	Nelson	03 548 2622	www.activatephysiotherapy.co.nz
Active Health Rangiora North Canterbury	Rangiora Canterbury	03 383 6290	www.activehealth.co.nz/north-canterbury
Active Health Christchurch	St Albans & New Brighton Christchurch	03 383 6290	www.activehealth.co.nz/christchurch
Complete Physiotherapy	Lincoln Christchurch	021 046 0201	www.completephysiotherapy.co.nz
TBI Health Christchurch	Caledonian Road Christchurch	03 222 2366	www.tbihealth.co.nz
Motus Ashburton	Allenton Ashburton	03 308 3838	www.motushealth.co.nz/physio-clinics/motu-ashburton

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

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