

Cathy Carstens Physiotherapists



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Why Choose Cathy Carstens Physiotherapy Long Established Local

Practice Established in 1990, our highly knowledgeable and experienced team have great relationships with the community and local doctors and specialists, in the Northern Suburbs of Cape Town. Our practice was Accredited by the SASP in 2016.

You can be assured of top-class quality care. At Cathy Carstens Physiotherapy

Practice, your specific treatment needs are met with the greatest of care and

professional insight. Each of our qualified physiotherapists has a wealth of

experience and are passionate about guiding you along the road to

recovery. Exceptional Hands on treatment We are dedicated to providing effective

traditional hands-on physiotherapy treatment. We constantly invest in national and international courses in order to provide you with the latest and most effective

treatment available. We are proud of our reputation for providing exceptional hands-

on treatment. We have specific Rehab programs for post-surgery recovery, back

pain, core rehab, tendinopathies as well as sport specific rehab. We also offer

Lynotherapy. Latest Treatment Technology Here at Cathy Carstens Physiotherapy,

we continually invest in the latest treatment technology to get the best possible

results for our clients. We currently provide: Shockwave therapy Laser therapy Grucor

- Eccentric TrainingStimpod NMS 460We have specific Rehab programs for post-surgery recovery, back pain, core rehab, tendinopathies as well as sport specific rehab.

Convenient Opening HoursWe understand how busy life can get and how hard it can be to find time to schedule appointments around work. So that you can prioritize your recovery and focus on getting better, we have 2 locations and 6 therapists for your convenience. Our hours are:

Monday – Friday: 8am to 6pm
Saturdays: 8am to 1pm

HistoryFounder of Cathy Carstens Physiotherapy Practice, Cathy began her journey as a physiotherapist in 1985 and her professional journey has unfolded as follows thus far:

1985-1990: Worked at Paarl School for Cerebral Palsy Children.
1990: Founded Cathy Carstens Physiotherapy Practice and was invited to open physiotherapy rooms in Protea Heights and Northpine Medicross Centers by the doctors with whom she worked. Click here to find out more about each of our team members.

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