## Cathy Carstens Physiotherapists



7 Roslyn Street Brackenfell 7560

Phone: +27(21) 9825416

Why Choose Cathy Carstens PhysiotherapyLong Established Local PracticeEstablished 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 treatmentWe 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 handson 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 TechnologyHere 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 therapyLaser therapyGrucox

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- Eccentric TrainingStimpod NMS 460We have specific Rehab programs for postsurgery 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
6pmSaturdays: 8am to 1pmHistoryFounder 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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