

Rob & Kim Sims Physiotherapists



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76 Years of Combined Experience at Your Service Our team of highly qualified physio's has a diverse range of skills and specialisations and prides itself on a long standing tradition of quality care and service What Our Practice Offers Rob & Kim Sims Physiotherapy upholds the highest standards for care, treatment, maintenance and prevention of a wide range of injuries and ailments. We collaborate with South Africa's most qualified surgeons and doctors to create personalised, structured treatment plans for each of our patients. Sports Injuries & Rehabilitation Sports Physiotherapy is a specialised branch of physiotherapy that involves prevention, evaluation and management of injuries resulting from sports and exercise participation at all ages and levels of ability Respiratory Physiotherapy We specialize in adult and paediatric respiratory conditions like sinusitis, bronchitis, asthma, bronchopneumonia and emphysema, as well as post-surgical respiratory infections and intensive care. We can also assist in maintenance and restoration of respiratory and musculoskeletal function after heart attacks, complex surgery, serious respiratory infections or major trauma Neuro-Musculo-Skeletal Injury Management and Rehabilitation This area of Physiotherapy management and treatment involves the whole of the Neuro-musculo skeletal system, which involves joints, muscles,

ligaments, tendons and nerves and their interactions in the functioning of a synergistic brilliantly designed creationPost-Surgical RehabilitationWe have a long-standing association with some of Cape Town's leading orthopaedic surgeons. We regularly rehabilitate patients who have undergone joint replacements, tendon repairs, ligament reconstructions and bone surgery.Group Exercise ClassesExercise is the most significant way to improve one's health and decrease pain. Appropriate exercises can increase strength, improve flexibility, and reduce back pain. We offer personal, group classes, tailored for your current level of ability.

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