

PHYSIOTHERAPY, EXERCISE PHYSIOLOGY & DIETETICS

1 JULY 2025 - 30 JUNE 2026



TAILORED INDIVIDUALISED SUPPORTS



medicare
BULK BILLING



REGISTERED
NDIS
PROVIDER

Our Services

At Permalink, we combine movement-based therapy and health-focused support to help participants build strength, recover safely, and feel their best.

From physiotherapy and hydrotherapy to exercise physiology and dietetics, every session is personalised to suit your goals, needs, and abilities.

Our services are designed to help you move with confidence, manage health conditions, and improve your strength and mobility—whether you're recovering from surgery, managing pain, or working towards long-term fitness and independence.

We also understand the barriers people with disabilities may face in accessing social engagement opportunities. That's why we're committed to bridging this gap through inclusive, empowering care.

Physiotherapy

Our physiotherapy services help participants recover from injury, manage pain, and improve mobility through hands-on treatment and tailored exercise programs. Whether you're recovering post-surgery or managing a long-term condition, our physiotherapists provide practical, goal-focused support to help you move more freely and confidently.

Physiotherapy can support:

- Pain Management
- General & Post-Surgery Rehabilitation
- Improve Strength & Range of Motion
- Workplace Injury Rehabilitation
- Falls Prevention
- Assistive Technology Prescription
- Further Education on Health Conditions



Hydrotherapy

Hydrotherapy uses warm water-based exercises to reduce pain, ease joint pressure, and support physical recovery.

It's ideal for participants who benefit from low-impact movement, offering relief and improved function without relying on medication or high-strain activity.

Hydrotherapy can assist with:

- Osteoarthritis (OA)
- Fibromyalgia
- Parkinson's Disease
- Neuropathies
- Ankylosing Spondylitis (AS)
- Multiple Sclerosis (MS)
- Cerebral Palsy
- Injury Rehab & Prevention

Exercise Physiology

Our exercise physiologists design safe, personalised programs that use movement to support strength, recovery, and long-term health outcomes.

We work with participants across a wide range of conditions to improve function, manage symptoms, and build confidence through targeted physical activity.

Exercise Physiology can support:

- Musculoskeletal Conditions
- Neurological Conditions
- Cardiorespiratory Conditions
- Metabolic Conditions & Cancer
- Chronic Health Conditions
- Mental Health Conditions
- Injury & Surgery Rehabilitation
- Exercise Assessments



Dietetics

Our accredited dietitians provide individualised nutritional advice to support better health outcomes, address medical conditions, and make everyday eating more manageable.

We assist participants with long-term health concerns, food intolerances, and dietary challenges through practical strategies and tailored guidance.

Dietetics can help with:

- Chronic & Metabolic Health Conditions
- Weight Loss & Weight Gain
- Healthy Lifestyle Modifications
- Dysphagia Support
- Nutritional Advice for Elderly
- Food Intolerances & Fussy Eating
- Difficulties with Chewing & Swallowing
- IBS and Gastrointestinal Issues
- Assessments & Diagnosis



Sylvester, Accredited Exercise Physiologist

Sylvester genuinely loves helping people get back on their feet—whether that's through pre and post rehabilitation or improving mental / physical health. Sylvester has been in the industry for over 5 years and has worked across a range of areas including cardiopulmonary, neurological, musculoskeletal and metabolic rehab.



Outside of work, Sylvester enjoys playing basketball, travelling, discovering new places to eat, and spending time with his family and his toy poodle.

Tenneale, Accredited Exercise Physiologist



Tenneale has a genuine passion for helping people improve their health, function, and overall quality of life through movement. She enjoys working across all areas of exercise physiology and values the variety and connection that comes with supporting people from all backgrounds. Tenneale strives to encourage clients to be their best, building both physical and mental resilience along the way.

Outside of work, Tenneale enjoys spending time with loved ones, travelling to new places, and exploring different cuisines.



Jarred, Physiotherapist

Jarred loves what he does, because it means helping people get back to their best; whether that's on the field, at work, or just in day-to-day life. Jarred is all about blending expert care with a good laugh to make rehab something you can actually enjoy.

When Jarred is not in the clinic, you will see him travelling, playing or watching sport and exploring new food spots.



Jaslyn, Accredited Practising Dietitian



Jaslyn has a passion for making healthy eating simple, enjoyable, and sustainable. She offers practical, down-to-earth advice that's tailored to your lifestyle, rather than relying on strict or one-size-fits-all plans. Jaslyn supports people of all ages and backgrounds to feel their best—whether that means managing a health condition, improving gut health, or achieving a healthy weight. Her approach is realistic, supportive, and focused on long-term, sustainable change.

Jaslyn's experience in a wide range of areas, including weight management, chronic disease prevention and management (such as diabetes, cardiovascular health, and fatty liver), gut health and FODMAP support, food allergies and intolerances, paediatrics, and women's health. She also provides NDIS and disability support, offering personalised care plans and home visits where needed.

Whether you're just beginning your health journey or looking for ongoing support, Jasyn's here to help you reduce the stress around food and build a positive, confident relationship with eating.



Reyne, Therapy Assistant

Reyne specialises in exercise interventions for both older adults and younger people, including early exercise support for children. With 2 years of experience in clinical exercise prescription, Reyne is passionate about helping others and making a meaningful difference in their lives. He is committed to supporting each participant to reach their goals safely and effectively, using tailored exercise programs that build confidence, strength, and long-term wellbeing.

Outside of work, you'll find Reyne staying active at the gym, playing basketball, or spending time with friends and family.



Matt, Therapy Assistant

Matt is currently a Master's of Physiotherapy student, where he helps his participants improve their health and performance through tailored exercise programs. He finds it incredibly rewarding to support people in progressing towards their goals.

Outside of work and study, Matt enjoys going to the gym, staying active and engaging in a variety of sports.



Elliot, Therapy Assistant

Elliot has a strong passion for sport, physical activity, and working with people to achieve their health and performance goals.

Elliot graduated with a Bachelor of Sport and Exercise Science from Loughborough University in the UK and loves helping individuals reach their personal best through tailored support and guidance.

Outside of work he enjoys playing cricket, footy, going to the beach and also an avid hockey player.



Fee Schedule:

Support Category:

Improved Daily Living & Improved Health & Wellbeing

Support	Total
01_721_0128_1_3 Assessment Recommendation Therapy or Training Supports- Physiotherapist	\$183.99 /hr
12_027_0126_3_3 Advice provided by an Exercise Physiologist	\$166.99 /hr
15_200_0126_1_3 Assessment Recommendation Therapy or Training- Exercise Physiologist	\$166.99 /hr
15_055_0128_1_3 Assessment Recommendation Therapy or Training- Physiotherapist	\$183.99 /hr
12_025_0128_3_3 Advice Provided By A Dietician on Managing Diet for Health and Well-Being	\$188.99 / hr

Additional Sessions:

Therapy Assistant Level 2

Implement the exercise program, support with body movement exercises and transfers

Support	Total
15_053_0128_1_3 Therapy Assistant- Level 2	\$86.79 /hr

The total cost of these services is determined by multiplying the total billable hours by the appropriate hourly rate above.

1. *Therapy Transport shall be charged separately as 30 minutes in MMM1-3 areas (most participants fall into this MMM area as it includes major cities, inner regional and some outer regional)*

2. *Late Cancellation Notice for Therapists : If you are an NDIS participant and unable to attend your scheduled appointment time, the NDIS guidelines require two (2) business days* notice (i.e. this does not include the weekend) otherwise a cancellation fee will apply. If it is possible to provide you with an alternative (such as a telehealth session) we will make every effort to do this so that you can avoid the late cancellation fee (charged at 100% of your session time).*



Billable Hours:

CONSULTATIONS:

Support	HOURS/DAY
Meet & Greet is Free of Charge In person or via Online Platform	1 Hour

REPORTS:

Support	HOURS/DAY
Initial Exercise Physiology/Physiotherapy/ Dieteics Report	1-2 Hours
Outcome Measures, Support & Recommendations & Support Plan	2-3 Hours
Travel Costs	Quote will be given upon request

ASSESSMENTS:

Support	HOURS/DAY
1:1 Physiotherapy Sessions	1 Hour

1. Therapy Transport shall be charged separately as 30 minutes in MMM1-3 areas (most participants fall into this MMM area as it includes major cities, inner regional and some outer regional)

2. Late Cancellation Notice for Therapists : If you are an NDIS participant and unable to attend your scheduled appointment time, the NDIS guidelines require two (2) business days* notice (i.e. this does not include the weekend) otherwise a cancellation fee will apply. If it is possible to provide you with an alternative (such as a telehealth session) we will make every effort to do this so that you can avoid the late cancellation fee (charged at 100% of your session time).

3. We also accept bulk-billing for any of the above services.



We hope we can be a part of your journey



PHYSIOLOGY@PERMALINK.COM.AU



1300 737 625



WWW.PERMALINK.COM.AU



PERMALINK
SUPPORT SERVICES

medicare
BULK BILLING



REGISTERED
NDIS
PROVIDER

START YOUR NDIS JOURNEY TODAY



In-Home and
Community support



Group Activities &
Employment
Programs



Increased social &
Community Participation



Housing Services for
Private leasing



Supported
Independent Living



Therapy Supports



24/7 Support Staff



PERMALINK
SUPPORT SERVICES

LET US LINK YOU TO BETTER SUPPORTS!

WELCOME TO PERMALINK SUPPORT SERVICES



Passion | Inclusion | Choice | Collaboration



-  In-Home and Community support
-  Group Activities & Community Programs
-  Increased Social & Community Participation
-  Supported Wage & Employment
-  Housing Services for Private leasing
-  Supported Independent Living
-  24/7 Support Staff
-  Psychology
-  Physiology & Wellbeing

CONTACT US:

 1300 737 625

 support@permalink.com.au

 www.permalink.com.au



REGISTERED
NDIS
PROVIDER

Let us link you to better supports!