

Contact us today! 1800 166 167 | admin@hubandspoke.health

CARE THAT COMES TO YOU

Hub and Spoke Health is a leader in providing mobile allied health services throughout all of Melbourne.

We deliver a range of up-to-date therapies to help you improve your quality of life and lifestyle. Our services are available to everyone. We cover:

Support
at Home

NDIS

TAC

Private

EPC

We currently deliver **Physiotherapy, Exercise Physiology, Dietetics, Art Therapy, Music Therapy, Allied Health Assistants, and more** to patients and participants through our mobile service.

SERVICES & BENEFITS



Physiotherapy

Get faster recovery, improved mobility, and pain relief with our mobile Physiotherapy service. Our expert team offers assessments, diagnoses, and effective treatment plans, including therapeutic massage, all in the comfort of your home, with all necessary equipment provided.



Music Therapy

Our accredited Music Therapy program, available through NDIS and HCP funding, uses music to improve physical, mental, and emotional well-being. It's especially beneficial for those with challenges in verbal expression due to cognitive or developmental conditions.



Exercise Physiology

Our Exercise Physiologists help improve body function, aid recovery, and prevent injuries. We offer therapeutic exercise for all ages and abilities, including post-surgery rehab, working closely with your surgeon to restore strength and mobility safely.



Art Therapy

At Hub & Spoke Health, we offer Art Therapy for NDIS participants and HCP patients. Covered under "Therapeutic Supports," Art Therapy uses creative arts to improve physical, mental, and emotional well-being, especially for those who have difficulty expressing themselves verbally.



SERVICES & BENEFITS



Allied Health Assistants

Our Allied Health Assistants support physiotherapists, and exercise physiologists, to enhance recovery, improve outcomes, and provide consistent care. They help clients stay on track with treatment plans, promoting faster recovery and reducing costs.



Dietetics

Our qualified dietitians provide expert nutrition advice and create personalised meal plans to support health goals like weight management, chronic condition management, and overall wellness, empowering sustainable dietary changes for better energy, mental clarity, and long-term health.



Remedial Massage

Our remedial massage service supports clients with pain relief, muscle recovery, and improved mobility. Tailored to individual needs, it's ideal for managing tension, injury recovery, or simply promoting relaxation and wellbeing—all delivered in the comfort of home.



YOUR GOALS ARE OUR GOALS.

What Makes Hub and Spoke Health Unique?

Comprehensive Services: In addition to core offerings like physiotherapy, exercise physiology, dietetics, we provide specialised art and music therapy programs to promote creativity, emotional well-being, and personal growth.

Expert Team: Our highly trained professionals are passionate about delivering exceptional, client-centered care.

Convenience & Timely Services: All services are delivered in the comfort of the client's home, ensuring accessibility and ease. We prioritise every client, with all visits taking place within a week of the request.

Maximising Value: We help clients make the most of their packages by tailoring services to their individual goals and needs.

Client-Centered Approach: We tailor every service to meet the unique requirements of each individual.



Areas that we service

We cover the entire metropolitan region of Melbourne, whether you're located in the Western, Eastern, Northern or South suburbs, we are here to help!

REACH OUT TO US TODAY!

Our team is always available.

Contact us:

1800 166 677

admin@hubandspoke.health

www.hubandspoke.health

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