



WELCOME TO INERTIA HEALTH GROUP



WHO ARE WE?

Inertia Health Group is a dynamic integrated team of expert Physiotherapists, Podiatrists, Exercise Physiologists & Massage Therapists who are dedicated to providing the utmost holistic care to our patients. We ensure by doing this, the very best health and wellbeing outcomes for our patients and their families.

Our therapists work together as a team and communicate with your GP's, surgeons, and other treating health practitioners allowing the best overall care for our patients.





OUR MISSION

Our mission is to provide our patients with the highest possible quality healthcare and be the first choice health care service provider when it comes to patient choice. We are driven to continually learn & improve our practices allowing us to service and support our patients with elite quality individualised care and ensuring a high-quality supportive experience from administration to clinical care. This allows us to maximise our patient health outcomes across their lifespan and lifestyle in all the facets of healthcare we provide.

We aim to be our community's go-to practice for allied health care and well-being by providing a reliable, informative, and supportive allied health care practice.



HOW IT ALL BEGAN



Our practice began in late 2014 after Patrick returned home to Adelaide after working in Brisbane. Patrick worked as a sole Physiotherapist out of two GP clinics and a Gym for the first year. Inertia was then able to consolidate to its first main Clinic in Hindmarsh in early 2016 and gradually began expanding services to include Podiatry, Massage, then Exercise Physiology and Dietetics. From here we then began to offer our home visit services also.

In early 2022 we moved into our current purpose built facility in Albert Park, increasing our clinic rooms, building a large gym and dedicated pilates studio and incorporating our Health, Wellness and Athletic recovery facility (Revival Lab SA).

We now pride ourselves on being able to service a wide scope of patients from professional athletes, to general musculoskeletal and disability care.

Our clinical team has grown to 15 practitioners and continues to grow!





Maintaining our team culture is our number 1 priority.

We spend a large portion of our lives at work, it's imperative for our mental and physical well being that it's an enjoyable place to be and that we find value in our work.

Our team values are at the core of what we feel is important, to maintain this exceptional team culture.



Coachable

Our team is malleable and coachable, always learning and open to new ideas. We are always learning, embracing and implement the Inertia treatment & care philosophy across our patient clinical care.

Team Player

We are a close knit team. We work together to ensure our workplace is fun, cohesive and high performing. This energy transcends barriers into our patient community and they often comment on the sense of camaraderie our team has.

Part of the Community

We are friendly and fun. We make people smile and laugh. We make things personal by helping you feel part of the family. We work closely with other members of our community's health team.

We give everything a go with a no fuss approach

We always ask what we can do next. We are proactive & passionate about growth and learning and we inspire others to become better. We take time to reflect on our performance and nothings 'to hard a task' for us to approach and perform.



OUR TEAM VALUES





WHEN YOU WORK WITH US

Our Team is our family, we look after each other, support each other and ensure we create an atmosphere and place you enjoy being in. Our people come first and this is critical to our success.

01

We undergo regular team building and team culture days.

02

We provide regular 1:1 mentoring and in house Professional Development. We also send you off with our network of surgeons, have regular in house lectures from our network of sports physicians, and specialists.

03

We invest in you, and your career by including a PD budget for you to undertake courses of your choice.

04

Our clinic is stacked with modern equipment! Spacious treatment rooms, a fully equipped gym and Pilates studio, Hot and cold pools, infrared saunas and a Normatec compression room - not to mention our staff favourite, the coffee machine and snack cupboard! This place is a clinicians dream!



WHEN YOU JOIN THE TEAM

You are joining a group of passionate health care providers, driven to provide the best service and results for our patients.

We are dedicated to ensuring we help our patients every step of the way.

We are leaders in our health space and aim to provide exceptional experiences for our patients.

WE CREATE RAVING FANS



Kimberley Pearson

20 reviews · 3 photos



★★★★★ a year ago

I have been a patient at the Inertia Physio Health Group for 4 years. I have never experienced such a friendly, caring, professional and understanding treatment. I have had issues with my back since I was young, I have seen different health professionals in many different fields, and my issues subside for a very short period of time and then would always return with the same if not more intensity. Since seeing the team for Physio treatment and also getting regular remedial massages I have noticed an immense change. I no longer require appointments every 2-4 weeks, I find that if the pain returns it is reducing each time and I am finding I can go months between treatments without an issue. I have been provided at home instructions/stretches to incorporate with my in clinic treatment. These were explained very clearly and in-depth. If I ever have any issues, I am encouraged to contact the clinic and the staff always do there absolute best to assist me with any enquiries/ scheduling appointments at convenient times i.e. out of work hours! I have recommended a lot of my friends and family to this clinic and they have had nothing but great things to say about the team. I couldn't be more happy with the team and there medical care and treatment. Highly recommend!!!!



Amy Taylor

1 review



★★★★★ a year ago

My partner and I go here for massages with Kelsi. We have been going there for around a year now and would highly recommend Kelsi's massages. The team are always so friendly and their new facilities are amazing. If you're looking for a massage therapist, Kelsi is the one to choose!



Matthew Morby

11 reviews



★★★★★ 3 months ago

Ben was an absolute legend. I felt heard and very well looked after. Highly recommend



Ashley Bunn

Local Guide · 11 reviews



★★★★★ 5 days ago **NEW**

I've been going to the physio for some time now and the staff are all wonderful very helpful and caring looking forward to continuing with them in the New year



Alana Burgess

12 reviews · 4 photos



★★★★★ 2 weeks ago **NEW**

Amazing service! I have used both physio services and Pilates. I was SO scared being a beginner at Pilates but felt immediately comfortable with the amazing instructor and community. Reception staff are also so lovely. Thanks Inertia 😊

WHAT OUR TEAM LOVES



PATRICK

Director | Head Physiotherapist

The team cohesion is something I love to sit back and observe. The way patients interact with our team is something I'm very proud to see. The way our team strives for results for patients underpins our value to people.



CARA

Business & Practice Manager

The great culture and team morale with an embedded mutual respect for not only one another but their individual professional capabilities and skill set. An uplifting team environment.



ALEX | ADMIN

As well as team culture, a small Inertia community with our patients has formed as a result of our group classes. I enjoy seeing all the friendships that have formed with our patients and our team in the clinic.



ELLA

Assistant Practice Manager | NDIS Coordinator

Its not just a team, its a family environment, we work together to not only be a better team, but better people. It's great being given the opportunity to thrive in our individual roles.



ROSE | ADMIN

Everyone is so helpful and the environment is great - I enjoy getting to know our patients and being able to have a chat and catch up with them every time they come into the clinic!





ROB | SENIOR PHYSIO

We have Elite facilities here. We can do anything we really need to with our patients. Even more so is our easy going team that work hard together, but also have a great time and a good laugh.



TERESA | EXERCISE PHYSIOLOGIST

I love the amazing facilities that we have and can offer to our clients to help them through their recovery process or just to help improve their general health and well-being. I enjoy the team culture and working as part of a multidisciplinary team which can really help to improve the quality of care that we provide to our clients



ANTHONY | PHYSIO

I enjoy the team environment we have and the ability to have a laugh, but also knuckle down when it comes to completing our professional role. As a new graduate I love having the opportunity to further develop my skills and understanding in a supportive environment where I can bounce ideas off of other practitioners.



KELSIE | MASSAGE

I love EVERYTHING!
The culture that has been built at Inertia, working with such a great team doesn't make it seem like you are going to work. Everyone is supportive and helpful. I have learnt a lot and continue to learn.



STEPH | PHYSIO

We have a super Friendly & supportive team, our facilities are amazing and there is always opportunity to grow by treating and managing a wide variety of patients.



BEN | SENIOR PHYSIO

I like the large patient demographic that we see at Inertia! Love the Inertia culture, especially the lunch time banter! Love how there is a real vested interest in helping us to excel as physio's, through regular PD, informal chats and being able to observe surgeries!





NATHAN | EXERCISE PHYSIOLOGIST

A close team environment that enables us to have a great multidisciplinary approach to clients as well as a good laugh at our own expense. Fantastic private facilities to provide great care to a huge range of clients. Our team is stacked with a wealth of knowledge regarding a range of topics so it's very helpful for new grads like myself in advancing my knowledge base. Fun, inviting environment for both clients and practitioners each day.



DANI | SENIOR PHYSIO

Love this place, it is a flexible work environment and everyone lifts each other up. We work hard but also enjoy great times together!



JOSH | EXERCISE PHYSIOLOGIST

Number 1 for me is my coworkers & the team environment. Good facilities with a gym, Pilates, recovery space, etc. I love working in a multidisciplinary team to give care for clients and in house referrals to other disciplines when needed.



KRIS | SENIOR PODIATRIST

Its all about the people here! Culture is great - Patients are great, facilities - second to none- I love being able to take my patients into the gym and work on their biomechanics - not many pods can say that!



LAUREN | SENIOR PHYSIO

A very special team, I have worked in a number of clinics and it doesn't get any better than this place. The patients love the wide variety of care we can offer and the facilities we have available. The independence we have as practitioners is refreshing also.



CLAIR | PILATES

An amazing environment to work in, the people and team are great our clients are lovely people.





MENTORING & PROFESSIONAL DEVELOPMENT

01. 1 on 1 Mentoring and Group Sessions

Weekly 1 on 1 sessions and fortnightly group sessions to help grow and develop your professional practice

02. CPD Allowance

We contribute to your development by allowing you a budget to put toward courses you want to engage and learn in.

03. Access to on site senior practitioners

Access to senior staff to help you through problems, or jump in the room with you when you need to provide the right advice and guidance

04. Guest Speakers

We arrange expert guest speakers to provide insights in their fields, surgeons, sports physicians, other allied health professionals.





HOW VALUABLE IS OUR MENTORING

Anthony New Grad Physiotherapist

“As a new graduate and someone who likes to continually learn, improve and become further educated, I love having the opportunity to further develop my skills and understanding in a supportive environment where I can bounce ideas off of other physiotherapists and other practitioners.”

Nathan New Grad Exercise Physiologist

“The team is stacked with a wealth of knowledge regarding a range of topics so is very helpful for new grads like myself in advancing my knowledge base.”





TECH AND EQUIPMENT

We often get told our clinic is Stacked.





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WE ALSO HAVE

A dedicated Orthotics Fabrication Room

Dedicated Onsite Sterilising Facility

Kerry Flex Machine (for the pods!)

Dedicated Laundry (so we never run out of towels)

Dedicated Staff Retreat

A clinic car fleet for home visits

Subscriptions to Physitrak for all practitioners

An awesome coffee machine to replicate cafe style coffee onsite - plus a few cheeky snacks!





WHAT YOU CAN EXPECT FROM US

01

HONESTY

We value honesty and transparency. Whether it's by constructive feedback or being open about the direction of the business and your place within it. We promise to be honest and transparent.

02

A TEAM FIRST APPROACH

We believe that if we only hire the best and we look after our team, our patients will be well looked after too.

03

SUPPORT

We will support you in achieving your goals. Expect us to provide individual mentoring and accountability so you can grow and improve.

04

TREATED LIKE FAMILY

When you join our team you are joining a family. We have your best interests at heart in everything we do. We value you and your contributions.



WHAT WE EXPECT FROM YOU

01

BE A TEAM PLAYER

We expect everyone to look out for each other. We collaborate and care for each other. We ask "How can I Help?" on a regular basis.

02

BE AN ACTION TAKER

We do what we say, which means that we not only set goals but timeblock, prioritise and stay on top of our tasks. We take responsibility for our actions and behaviours.

03

COMMUNICATION

Communication is the key to any good relationship. It is vital for our team, clients and business. We ask that you communicate clearly and respond promptly.

04

BE OPEN AND HONEST

If there is anything you need, whether it's more support or a concern or challenge, please share with us so we can change, help or find solutions together.





WE LOOK FORWARD TO MEETING YOU SOON!

