

PROFESSIONAL MEDICAL SERVICES

Popular practice has grown from one physio to seven

EMMANUEL Menegakis was the sole owner and physiotherapist at LifeFit Physiotherapy at Kogarah when it opened three years ago.

Fast-forward to today and there are seven staff, including three physiotherapists and an exercise physiologist.

Mr Menegakis said each physiotherapist had a different specialty to offer clients.

"I specialise in hands, shoulders and knees," he said. "The other two specialise in the lower back, neck, sports injuries and women's health."

The practice offers a real-time ultrasound

machine so patients can see their muscles working.

■ **The other finalists are Back to Basics Chiropractic, Kogarah; Brighton Physiotherapy & Sports Injury Centre, Brighton-Le-Sands; George Pagonis Optometrist, Ramsgate; Hurstville Physio Plus, Hurstville; Word of Mouth Dentistry, Kogarah.**

Here's to your health: Staff at LifeFit Physiotherapy, Kogarah.



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FEATURE



LifeFit Physiotherapy, Kogarah

HEALTH IMPROVEMENT SERVICES

Therapy team show road to recovery

LIFEFIT Physiotherapy at Kogarah was established in 2008. Today there are four physiotherapists, a massage therapist, two administration staff, a practice manager and two sports trainers.

Physiotherapist and occupational therapist Emmanuel Menegakis is also the owner.

The clinic expanded in 2010 with more treatment rooms, gym areas and a fracture clinic. A second clinic was opened last year in Carlton.

Clients include sports people, those with work

injuries, people recovering from surgery, the elderly and young children.

Other finalists are Brighton Physiotherapy & Sport Injury Centre; Word of Mouth Dentistry, Kogarah; Back to Basics Chiropractic, Kogarah; Sydney South Child Psychology, Ramsgate; HCF, Hurstville; Hurstville Physio Plus; BODYHEALTH Fitness Centre, Oatley; and Hopalong Occupational Therapy for Children, Peakhurst.