



Achieve your Ultimate Health

Physiotherapy
Pediatrics
Speech Pathology

Podiatry
Chiropractic
Remedial Massage

Occupational Therapy
Psychology
Behaviour Support

Aged Care
Dietetics
Exercise Physiology



About Ultimate Health

At Ultimate Health, we bring together a warm and passionate team of health professionals, dedicated to providing individualised service to all our clients.

We offer a wide range of services under one roof, all tailored to you. Our goal is simple: to make your health journey easier, more personal, and genuinely caring every step of the way. That's why we are the highest rated Allied Health practice in the area.

- ✓ **Holistic Allied Health under one roof**
From physios to dietitians, optometrists to speech pathologists – we've got your whole health covered.
- ✓ **Support for all ages**
We welcome everyone from kids to seniors, tailoring care to suit each stage of life.
- ✓ **Highly experienced clinicians**
Our team brings years of knowledge, hands-on experience, and genuine passion to every appointment.
- ✓ **Advanced, results-driven care**
We use modern techniques and evidence-based treatments to deliver high-quality, personalised support.

Personalised care for every stage of life.

At Ultimate Health, we provide holistic, evidence-based care to support the health and wellbeing of individuals and families across all ages and abilities:



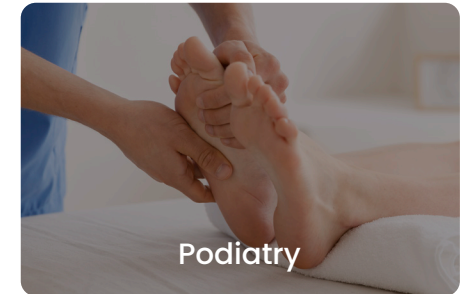
Physiotherapy



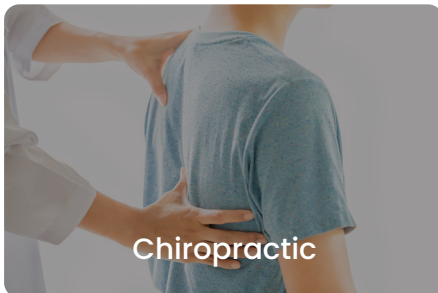
Pediatrics



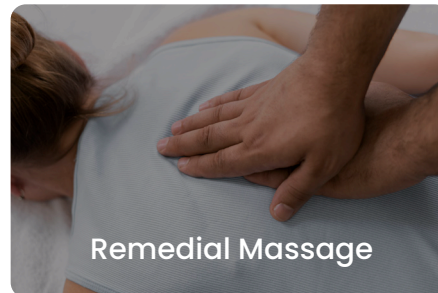
Speech Pathology



Podiatry



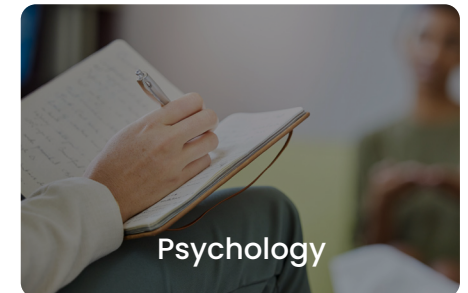
Chiropractic



Remedial Massage



Occupational Therapy



Psychology



Behaviour Support



Aged Care



Dietetics



Exercise Physiology

NDIS Paediatric Care

Ultimate Health provides multidisciplinary paediatric care, helping children build confidence, independence, and everyday skills. As NDIS-registered providers, we create fun, supportive environments and work closely with families, schools, and support networks for consistent, meaningful care.

Conditions Treated With Paediatric Physiotherapy

- Cerebral Palsy
- Prematurity
- Torticollis/Wry Neck
(head tilt)
- Muscular Dystrophy
- Down Syndrome
- Spina Bifida
- Paediatric Stroke
- Gross Motor Delays
- Global Developmental Delay
- Hypotonia
(Weakness, Low Tone)
- Hypertonia
(Tightness, High Tone)
- Gross Motor Incoordination
- Motor Planning Difficulties
- Gait Difficulties
- Orthotic Concerns
- Neurological Problems
- Speech Sound Disorders
- Childhood Apraxia of Speech
- Complex Communication
Needs/AAC
- Pragmatic Language Disorder
- Developmental Delay
- Prematurity
- Receptive/Expressive
- Language Impairment





Paediatric Services and Training



Paediatric Physiotherapy

- DMI (Dynamic Movement Intervention) – Levels A,B,C
- Spider Cage Therapy
- NeuroSuit Therapy
- Galileo Vibration Plate Therapy
- Aquatic Physiotherapy
- Treadmill Gait Training
- Pediatric Taping Techniques (Kinesio, Dynamic Tape)
- Neurodevelopmental Treatment (NDT)
- Whole-body vibration therapy (as part of GMFCS Support)
- Postural Management & 24-Hour Positioning Systems
- Assistive Technology Prescription (Standing Frames, Walkers)



Occupational Therapy

- Sensory Integration Certification (eg. STAR Institute, CLASI)
- DIR® / Floortime
- SOS Approach to Feeding
- Therapeutic Listening / QuickShifts
- Handwriting Without Tears
- Alert Program ("How Does Your Engine Run?")
- Zones of Regulation®
- Toilet Training Interventions for ASD/ND
- Praxis and Motor Planning Assessments
- Visual Motor Integration Interventions
- Assistive Technology (Fine Motor, Switch Access, Sensory Seating)
- PLAY Project



Paediatric Speech Pathology

- Orofacial Myology
- It Takes Two to Talk® – Hanen
- More Than Words® – Hanen
- DIR®/Floortime
- AAC Training: LAMP, Proloquo2Go, TD Snap, TouchChat, PODD
- PECS (Picture Exchange Communication System)
- SOS Approach to Feeding
- The Lidcombe Program (Stuttering)
- The Camperdown Program (Stuttering)
- The Westmead Program (Stuttering)
- Sounds-Write
- Multilit Programs (Minilit, InitialLit)
- TalkTools Oral Placement Therapy
- Neurodiversity-Affirming Practice-PESI / LearnPlayThrive
- Literacy and Phonological Awareness Training
- Talk for Writing
- Shape Coding



Pediatric Psychology / Behavioral Support

- Early Intervention CBT
- Positive Behaviour Support (PBS) Plans
- ADOS-2 Training for Autism Diagnosis
- CBT and ACT for Children and Teens
- Social Thinking Curriculum
- Circle of Security® Parenting
- Triple P Parenting
- Secret Agent Society
- Trauma-informed Practice with Children
- Play Therapy Fundamentals

NDIS Adult Care

At Ultimate Health, we provide allied health services for adults at every stage of life. As NDIS-registered providers, we support individuals with disabilities to achieve their goals and improve daily function. Whether recovering from injury, managing a condition, or enhancing overall well-being, our team takes a personalised approach to help you move better, feel stronger, and live more independently.

Adult Conditions Treated in Allied Health Clinics

- Chronic musculoskeletal pain (e.g. back, neck, arthritis)
- Tendon and nerve injuries (e.g. RSI, carpal tunnel, sciatica)
- Post-surgical rehab (e.g. joint replacements, spinal surgery)
- Neurological conditions (stroke, MS, Parkinson's, ABI, MND)
- Mental health (depression, anxiety, PTSD, bipolar, schizophrenia)
- Developmental & cognitive conditions (ASD, ADHD, intellectual disability)
- Chronic diseases (diabetes, obesity, CVD, COPD, chronic fatigue)
- Chronic pain and fibromyalgia
- Workplace and accident injuries (WorkCover/return to work.)
- Return-to-work rehab and functional capacity evaluations
- Falls, balance issues, osteoporosis, frailty
- Dementia and age-related cognitive decline
- Incontinence and pelvic health issues
- Communication and swallowing disorders (aphasia, dysphagia, voice)
- Amputations and prosthetic rehab
- Wound care and diabetic foot complications
- Visual and hearing impairments (functional support)



Work Cover

Ultimate Health provides tailored allied health services to support recovery from workplace injuries under WorkCover. Our experienced team—including physiotherapists, psychologists, and exercise physiologists—works collaboratively to support safe, confident return to work. Each personalised plan addresses physical and mental recovery, with ongoing communication between your GP, insurer, and workplace.

General/Adult Services and Qualification



Adult Physiotherapy

- Dry Needling
- Joint Mobilisation & Manipulation
- Electrotherapy (TENS/EMS/IFC)
- Shockwave Therapy
- Ultrasound Therapy
- Exercise Prescription for Chronic Pain
- Vestibular Rehabilitation
- Post-Surgical Rehab
- Casting & Splinting
- Hydrotherapy
- Neuro Physio: PD, MS, Stroke Rehab
- Falls Prevention & Balance Programs
- Manual Handling & Safe Transfers Training



Speech Pathology

- LSVT LOUD® for Parkinson's Disease
- Dysphagia Management
- Communication Devices for Adults (AAC)
- Aphasia Therapy Programs
- Accent Modification Therapy
- Expiratory Muscle Strength Training (EMST)



Occupational Therapy

- Home Safety & Functional Assessments
- Equipment Prescription (Shower chairs, rails, beds)
- Home Modification (Ramps, Bathrooms)
- Cognitive Assessments (MoCA, MMSE)
- Driver Rehabilitation/OT Driving Assessments
- Fatigue & Energy Conservation Training
- Vocational Rehabilitation
- ADL & IADL Functional Training



Adult Psychology

- Cognitive Behavioural Therapy (CBT)
- Acceptance and Commitment Therapy (ACT)
- Dialectical Behaviour Therapy (DBT)
- EMDR Therapy (for trauma)
- Clinical Assessments (IQ, Memory, mood)
- Pain Psychology
- Psychological Recovery Coaching
- Counseling for Anxiety, Depression, PTSD



Exercise Physiology

- Chronic Disease Management (eg. Diabetes, Cardiac, COPD)
- Falls Prevention Program
- Neurological Exercise Rehab (PD Warrior, MS)
- Functional Capacity Evaluation (FCEs)
- Pain Management Programs
- Work Conditioning Programs
- Resistance Training for Osteoporosis
- NDIS Strength & Mobility Interventions



Behaviour Support

- PBS Practitioner Core Capability Training
- Specialist Behaviour Intervention Support
- Functional Behaviour Assessment
- Restrictive Practices Monitoring
- Trauma-informed Behaviour Support
- Skill-Building for Capacity Development



Podiatry

- Custom Orthotics
- Diabetic Foot Assessment
- Gait Analysis
- Nail Surgery
- Biomechanical Assessments
- Wound Management
- Paediatric Podiatry
- Dry Needling
- Sports Injury



Dietician

- Medical Nutrition Therapy (MNT)
- Enteral Feeding (PEG, NGT)
- Diabetes Education
- Weight Management
- Texture Modified Diets
- Eating Disorder Management
- Coeliac and GI Disorders

Others

- Optinometry (Retinal Scans, Visual Field Testing, Paediatric Screening)
- Remedial Massage (Sports Massage, Relaxation, Deep Tissue)
- Functional Neurology
- Pain Management Team



Through our extended network of services,
we're able to support people of all ages and needs.



 ulthealth.com.au

Please email Referrals to

info@ulthealth.com.au or call (02) 9756 5633

 (02) 9756 5633

 info@ulthealth.com.au

 [ulthealth](#)  Ultimate Health Greystanes

Our Locations

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24 Carnation Street, Greystanes NSW

6/19 Jonathan Street, Greystanes NSW

24 Bathurst Street, Greystanes NSW

190- 192 Whalans Road, Greystanes NSW

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Greystanes Road and Butu Wargun Drive
Pemulwuy, NSW 2145

3/3 Aldgate Street, Prospect NSW