

Hillcrest Physiotherapy at the YMCA

We have a satellite clinic at the YMCA on Pembroke Street. This is a great clinic for our inner city workers to attend. As well as that we are able to access the gym at the YMCA, so if your treatment has a large component of gym based rehabilitation, this is the ideal place for you to be seen.

You are able to park in the YMCA grounds.

The clinic room is upstairs to the right, you will see signage when you enter the main door, take a seat and wait for the physiotherapist.

Disability access is to the side of the YMCA, turn left and follow the corridor round.

Rebekah Grey-Bird and Alexei Grey-Bird are our two physiotherapists based at the YMCA, both have post-graduate qualifications in sports physiotherapy and work with sports teams. They are passionate about getting people active and back to their best.

Bookings are done through our Hillcrest Clinic, just ask to be seen at the YMCA.

