



# FULL SPECTRUM HEALTH

Individualised Allied Health  
Services

ADOLESCENT | ADULT | NDIS

# A note from the Director...

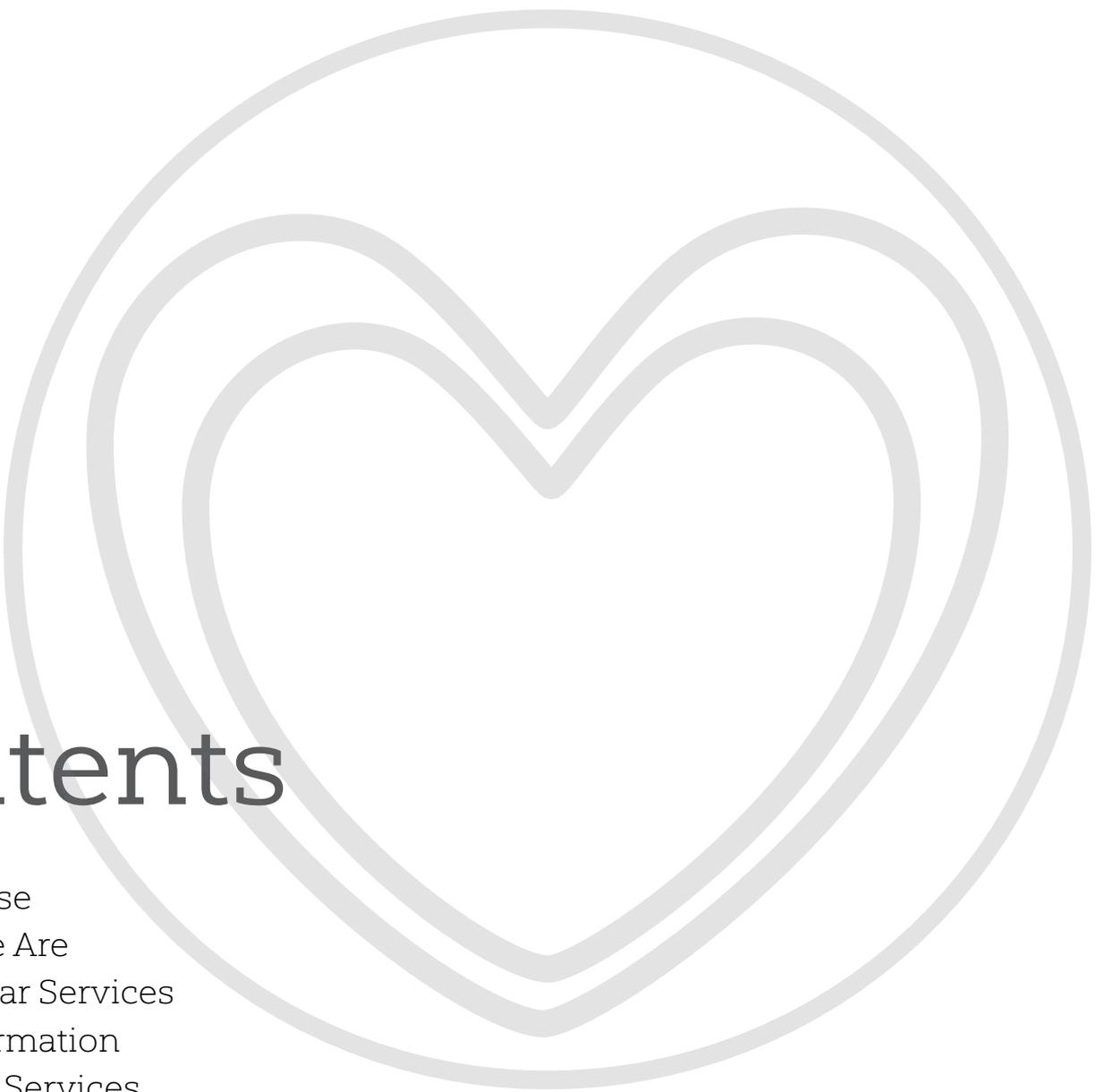
Full Spectrum Health was established with the understanding that every person has specific requirements in order to improve their physical, mental and emotional wellbeing, their independence and to achieve individual goals. For this reason, Full Spectrum Health is unlike any competing allied health organisation.

We create custom plans and design and individualised program specifically suited to the individual needs of every client, so the experience is truly personalised. I guarantee that our team of passionate health professionals are effectively matched to each client to ensure the optimal enjoyment of their journey and the best results. Here at Full Spectrum Health, we believe that our role as health professionals is to help people surpass their own expectations of what they believe they can achieve.



A handwritten signature in dark ink, appearing to read 'J Baker'.

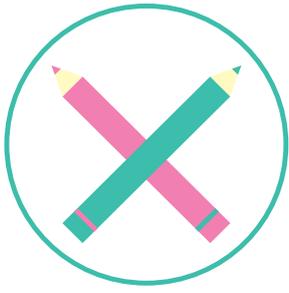
**Johnathon Baker**  
Chief Operating Officer  
Full Spectrum Health



# Contents

1. Our Promise
2. Where We Are
3. Our Popular Services
4. NDIS Information
5. Our Other Services
6. Our Practitioners
7. Our Friends In The Community





# FULL SPECTRUM HEALTH



# Our Promise.

## goal setting

Full Spectrum Health is proud to have a team of passionate practitioners, who ensure every client benefits from our detailed knowledge of evidence-based practice. Our initial aim for each and every client is to work on setting achievable goals that ultimately lead to physical and mental wellbeing.



Once your goals are set, now we can make a plan to achieve these. With the appropriate strategy in place, you are on your way. We pride ourselves in our ability to deconstruct evidence-based practices and apply only the parts that are relevant to achieving your physical and mental wellbeing as soon as possible.

## strategy implementation

# positive outcomes

Throughout the rehabilitation process, combining your motivation to achieve these desired positive outcomes with our support, you will begin to see a new version of yourself. These positive outcomes will be important motivators which allow us to achieve even more together than you could imagine.

# independence

We love nothing more than to see you achieve independence. We believe that the goal of all health providers worldwide should be to see their clients reach a position where they no longer need us. This is the single greatest indicator that we have achieved our goals together and our health practitioners have done their job!



Here at Full Spectrum Health, we unquestionably believe that physical and mental wellbeing cannot be achieved without the steps we have just outlined: goal setting, strategy implementation, positive outcomes and independence, in that order, will allow you to achieve anything you set your mind to. Your wellbeing is what is most important to us.

# physical & mental wellbeing

*“Keeping your body healthy is an expression of gratitude to the whole cosmos- the trees, the clouds, everything”*

*Thich Nhat Hanh*

## Where We Are.

Here at Full Spectrum Health, we come to the client. This means we are available to implement our health improvement strategies across Melbourne, Brisbane, the Sunshine Coast and the Gold Coast.



**“Full Spectrum Health provided amazing and personalised physiotherapy services to our child after other companies were unable to provide us with someone who they actually enjoyed working with.”**

Andrea



Passionate health practioners matched to every client.



Allied health services with the penultimate goal of client independence.



Over 15 different allied health services available, including new treatments and therapies.

goal-setting

strategy implementation

positive outcomes

independence

physical and mental wellbeing

**“My sister has special needs and we were struggling for a while to find a mentor that she wouldn’t refuse to work with right away!! The first mentor sent to us through Full Spectrum Health was a perfect fit for her. It was because of the initial meeting that she was matched with someone so perfect so quickly!”**

Liz

Individualised services that inform the needs each and every client.



Fully qualified practitioners with comprehensive understanding and diverse experience.



The ultimate goal is physical and mental wellbeing, achieved after independence.



# Our Popular Services.

## **Physiotherapy**

---

Our physiotherapists come to your home and provide a hands-on, evidence-based treatment using a wide range of techniques including stretching, mobilisation, manipulation & necessary advice that you need for your lifestyle, work and/or sports commitments.

## **Art & Music Therapies**

---

Our art and music therapists here at Full Spectrum Health will provide fun and interactive sessions with clients of any age, aiming to improve mood, resolve conflicts, improve self-observation skills and give you a sense of personal fulfillment.

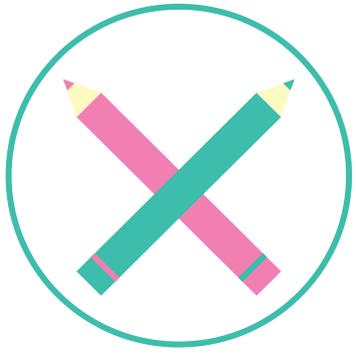
Our art and music therapies aim to treat trauma, grief, anxiety, addictions and stress.

## **Personal Training, Yoga & Pilates**

---

Our personal trainers work with you to plan and implement an exercise or fitness regimen that will help you achieve your goals.

Our yoga & pilates instructors provide one-on-one or group sessions for clients of all ages. Our sessions aim to improve muscle strength, balance and flexibility skills.



# FULL SPECTRUM HEALTH

Achieving your personal goals -  
one step at a time.



# NDIS Information.

The majority of our services are covered by the National Disability Insurance Scheme (NDIS). For further information on what the NDIS can provide in relation to our services, please see the NDIS Support Catalogue at:

<https://www.ndis.gov.au/providers/pricing-arrangements>



# Our Other Services.

Full Spectrum Health, like our name implies, covers much of the spectrum of allied health services available out there. Our services include:

## Physical

Physiotherapy  
Exercise physiology  
Personal training  
Yoga & Pilates  
Massage therapy  
Diabetes educator

## Mental & Emotional

Art therapy  
Music therapy  
Occupational therapy  
Counselling  
Speech pathology  
Developmental educator

## Social integration

Mentoring  
Care & support  
Rehabilitation counselling

The services above are all provided in-home.

Online or TeleHealth services are available upon request.

# Our Practitioners

Our health practitioners here at Full Spectrum Health are passionate and driven to help our clients achieve their best outcomes in their health pursuits. Each and every practitioner we hire has the motivation to help their clients reach their full potential.

You can rest assured that all of our practitioners:

- Have undergone an extensive applicant process.
- Plan and implement strategies using evidence-based practices.
- Work in partnership with other health practitioners and Health Management at Full Spectrum Health to provide sessions fit for each and every client.
- Have a current Blue Card or Working With Children Check and Police Check through the State Government.
- Are either registered practitioners that have worked within their sector, or practitioners that hold qualifications, making them masters in their field.





*“To keep the body in good health is a duty....otherwise we shall not be able to keep our mind strong and clear.”*

*Buddha*



FULL SPECTRUM  
HEALTH

# Our friends in the community.



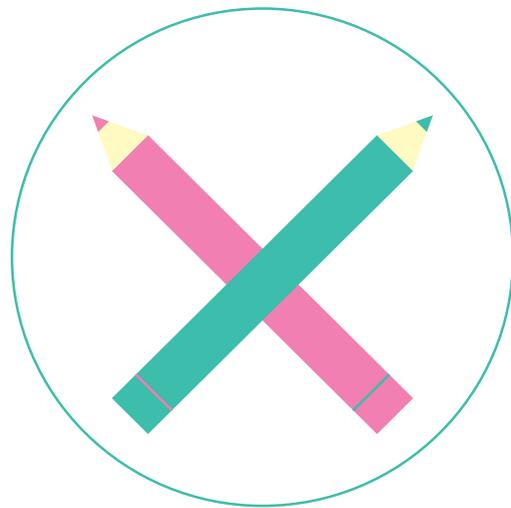
goal-setting

strategy implementation

positive outcomes

independence

physical and mental wellbeing



# FULL SPECTRUM HEALTH

1300 36 44 99 | [info@fsedu.com.au](mailto:info@fsedu.com.au) | [www.fsedu.com.au](http://www.fsedu.com.au)