

★★★★★ 50+ FIVE STAR REVIEWS! ★★★★★

Primal Physiotherapy Camberwell Google Reviews


- J

Jeremy Scott

2 reviews

★★★★★


Had an unreal experience with Will. He was incredibly thorough with his assessment and his communication and follow up through the entire rehab process was fantastic. Best of all he's a bloody good guy too! Will definitely see him again for any future muscle/joint issues.


- Gerrard C

1 review · 1 photo

★★★★★

Great Physios! Came in to have them check out my knee clicks. After an assessment it felt really good to hear it disappear from rehab movement. Also the interior really blew me away! Most physios ive been to looked like an office.



Rhiannon Sheldon

3 reviews

★★★★★

I started seeing Will after my achilles surgery. He personally tailored a recovery program to suit my goals. His knowledge and treatment definitely got me back to work and the gym a lot quicker than I had imagined. Highly recommend.

Tashi Ghale

1 review

★★★★★

a month ago

Just a quick note to thank Will and the Primal team for making my recovery experience pleasant. Will and the teams professionalism, friendly nature and useful advice have no doubt improved my injury and allowed me to get back to running. I would have no hesitation in recommending Will for his exceptional running programs. Thank you heaps team!

Richard Cin

4 reviews

★★★★★

Wow today after my second session I'm already feeling better! Jen has dedicated a large amount of effort in the process of assisting and managing my lower back, calf and feet pain. Jen has continued to monitor closely and was really polite and honest. I was able to utilize their equipment to help demonstrate my certain movements during exercise and my physio Jen was absolutely amazing in helping me correct my form. So so happy! And the receptionist is so nice!!

Wayne

1 review

★★★★★

As a rock climber my body is punished often. I have been seeing Will regularly to help with niggling injuries and mobility. He definitely knows what he is doing and my body has been responding excellently to his soft tissue work.

Will has pushed me to the next level and I climbing better than ever before! Can't recommend Will more highly!

david tran

2 reviews · 1 photo

★★★★★

I came here the other week for a running assessment as i was in camberwell. The best physios I've been to! I thought it was a gym at first from all the equipment but it ended up being really helpful because they also showed me how to use the machines correctly because I've been injured at the gym from wrong form. Thank you!



Kurt Collins

5 reviews

★★★★★

I had the pleasure of working with Will to solve a various amount of injuries that had occurred over a number of years. Within a months time Will had been able to alleviate the pain I was experiencing whilst providing at home exercises and stretches to increase the effectivity of our weekly sessions. Will was not only well versed in the sports I partake in but also portrayed a great deal of care and determination to get me back into working order. I not recommend any other Physiotherapy clinic after visiting Primal.

Angela Liu

2 reviews

★★★★★

Lisa is incredibly knowledgeable, I've seen solid improvements to even the smallest issues. I have really enjoyed working with her to support how I move both in the gym and in sport. She's also super friendly! Great chats while getting treatment ☺

Izaac Lazarevic

2 reviews

★★★★★

I had some really good sessions with Will. Initially came in with some right knee (meniscus pain) and within two sessions Will had me relatively pain free and back playing soccer.

The assessment was thorough and the training plan provided a clear pathway to regaining full strength and fitness. If you have any injuries or ailments you are in safe hands with Will.

R D

3 reviews

★★★★★

Amazing team, really helpful in getting me back into training. Service of support staff is also great, Have already recommended them to a relative.

Daniel Barnes

1 review

★★★★★

Cannot recommend Will and the team at Primal more! Will has been an immense help with eliminating pain from a neck/ back injury sustained at the gym. Not only did he provide immediate relief through massage and stretching but he also helped prevent future issues by helping correct form and providing practical warm up exercises in their on site gym. Thanks again, a well deserved 5-star rating!

Angus Hamilton

1 review

★★★★★

A very friendly team. Really helpful. Working through issues with my body that I've had for years. Really loving how Jen approaches it. Enjoying being with Primal

Warwick Sampson

2 reviews

★★★★★

I've seen Will from Camberwell for about 6 months now and he has been extremely helpful with my needs as a cyclist. I first saw Will to help refresh the body before tackling 3 Peaks in March 2021, and then he has been assisting the recovery to be primed for some local cycling races. Most recently, Will has been beneficial in my recovery from an injury. The support, advice and assistance has helped me recover in a quick manner, as well as giving me the tools to avoid further injury when my training load increases

Mehmed Gunduz

2 reviews

★★★★★

Will is a top physiotherapist, absolutely knows his stuff and provides you with the best feedback, advice and exercises for you to take home to fix your busted bodies right up. You can tell he cares, and gives in depth explanations, puts you on the right path to recovery. Highly recommend booking him👍. And his massages are on point.

Shannon James

2 reviews

★★★★★

Awesome staff, helpful and friendly. They listen to your needs and will work with you to achieve the outcome you need together. Will always recommend Primal to anyone and everyone.


Y

Yvonne Irvine

1 review

★★★★★

Friendly, professional service from the first enquiry. Jen is an amazing physiotherapist and in just a few visits has already decreased my knee pain significantly. With each exercise, Jen takes the time to explain the benefits and makes sure I am completing them correctly. She also very patiently answers my many questions. I recommend Primal Physiotherapy to everyone.



NameCheff

2 reviews

★★★★★

I've had three sessions with Lisa now and my knee pain has decreased significantly. She's clearly very knowledgeable and explains herself so that even idiots with bad knees like me can understand. Incredibly friendly and doesn't complain when I come in with a new issue every session. 11/10


P

Paul R.

5 reviews

★★★★★

Excellent practice.
I've now seen several of the physios and all are very professional, courteous and well trained. It's very apparent the management at Primal encourage fresh learning and provide up-to-date training for their team.
To add to this, the support staff on the phone lines and front desk are fantastic as well - they're always willing to help.
I've used their services for general physio, sports massage, pre-surgery strength training and post surgical recovery and have been impressed every step of the way.
I'd highly recommend Primal Physiotherapy to anyone seeking treatment.



Sarah Cuthbert

1 review

★★★★★ 2 months ago

I was initially referred to Lisa by a friend of mine and have been blown away by the service and professionalism, and the results she has achieved for both a hamstring issue and sacroiliac joint issues.

Lisa's personalised approach to communication and formulating a care plan specific to the client have really set her and Primal apart from previous 'old school' physios who only promoted complete rest and non-progressive strength programming.

To top this off, she has incredible manual treatment technique meaning I actively look forward to each session knowing I will leave feeling relaxed and released and with plenty of homework to do to help me on my way!

Anyone with an Athletic Lifestyle or Mindset will appreciate the Primal approach to treatment and care.

A

Anshuman Yadav

2 reviews

★★★★★

Really happy that I have found a great place for physiotherapy!!! Lisa is very thorough with the treatment, her attention to detail is immaculate and very much focused towards getting results. I would have no hesitation in recommending Primal Physiotherapy to my friends & family!! Keep up the great work team Primal!!!!


k

kurt kennedy

1 review

★★★★★

Ever since seeing Will regularly my recovery has been top notch, not only allowing me to hit heavier weights but more volume too.



Anthony Louis

7 reviews

★★★★★

Professional and happy with the progress and results of my treatment. Jen is 10/10

Q.

Q. Salvatore

4 reviews

★★★★★

I had a great experience with Jen & Quynh! They've been lovely and helpful.

V

Vivianha Le

1 review

★★★★★

The staff here at Primal Physio are fantastic. They are professional, knowledgeable and incredibly warm. Lisa is an exceptional physiotherapist who really goes above and beyond to ensure that you receive the best service and treatment. The facilities are state of the art and the team make rehab a fun process. The receptionist, Quynh is lovely. Looking forward to my next visit!!

J

John Farries

4 reviews · 4 photos

★★★★★

A Modern clinic with exceptional staff that listen to you and understand your needs. Highly recommend this business for all physio and rehabilitation needs.

I won't go anywhere else 😊



P

Paula Nguyen

1 review

★★★★★

I have not been able to shake off the feeling of how good the place looks and feels when you're there! Lisa was a fantastic physio provided me with lots of education to better understand body mechanics, including strategies on how to look after my knees and prevent future injuries! I can deadlift better and feel stronger. Highly recommend!


M

Marita VanderJagt

2 reviews

★★★★★

Putting the breaks on training 5 weeks out from a marathon is challenging on multiple levels. Will Arnel not only helped with the physical aspects of the injuries, but completely understood my mindset. Getting to the starting line was a indeed a team effort, and made smashing out that 44kms just that much sweeter! Thanks so much!!




Mark Arnot

1 review

★★★★★

Well educated and pleasant staff. Couldn't ask for a better physio in Will. Conscientious and thorough.




hang nguyen

2 reviews · 1 photo

★★★★★

I moved to this side for work but ive been having back pain for the last few months which were on and off. I came in because ive seen them in Braybrook. Turns out it was a lot to do with my hips which were tight and giving bad posture leading to backpain. The physio gave me specific instructions to follow and I haven't felt the pain in 2 weeks! Thank you!






Sara Lai
2 reviews

★★★★★

The staff are always so friendly and passionate. I Always walk out after a session feeling great! Not to mention their positivity and knowledge.
Highly recommend primal physiotherapy.



Bryce Keuris
3 reviews

★★★★★


I've been going to primal physiotherapy for a year and a half now after going to many different physios. It has been the best place I've been to for my back and hip issues. The staff are extremely nice and you get a lot out of each session. Highly recommend going here if you have any issues.

R

Ray Luu
2 reviews

★★★★★


I came in for a running assement as my knees and ankles were hurting from years of training. Didn't really expect much but i was blown away by the things i didnt notice that affected my steps. Physios are the best if you're injured beacuse if i was to just brush this off it would take forever to recover! Best Physio in Camberwell!



Sharne Pillar
15 reviews · 1 photo

★★★★★

Amazing clinic run by physios that really do care. It's hard to find a physio that ticks all the boxes but Primal Camberwell definitely does. Thank you Lisa and Jen for being so amazing (and James for the good chats when he's on reception too), I honestly don't have a bad thing to say about Primal :)



Enoch Ko
Local Guide

★★★★★

Lisa is fantastic. She has a really deep understanding of movements and flexibility and has been helping me improve my shoulder and back strength and mobility issues. Highly recommended!



Peter Nguyen
Local Guide · 105 reviews · 79 photos

★★★★★

This is probably the best physiotherapy practice I've been to in Camberwell. It actually looks like a high end gym for athletes so I wouldn't be surprised ifi saw some celebrities here. The physios have the mindset to really get you into sorting out your problem asap. Really enjoyed my session here. 🤔🤔
Thank you!



L

Leah Gociana
2 reviews

★★★★★

I bring my daughter to see Lisa the Principal Physio at Primal for an ankle injury she did at school. Lisa has been amazing at treating her. My daughter Has autism and Lisa has shown her experience, knowledge and expertise in dealing with NDIS children. The way she interacts with her is just fantastic. she has so much patience and actually listens to my daughter. A million percent recommend. :)



Christopher Gomez
6 reviews

★★★★★

Highly recommend! I have been having hip pain for years that other physios/chiros have not been able to help me with. Just a couple of weeks with Jen, I have noticed heaps of improvement and i'm back in the gym doing what i love.

All the staff their are very friendly and greet you with a huge smile! They probably don't realise it but it makes a big difference in my day.

OFFGRID

Offgrid Aus
1 review

★★★★★

Literally the best Physio clinic you can find! We were assisted by Will Arnel and was astounded by the professional and friendly service! He provided great care with consistent catch ups and friendly conversations to enlighten the atmosphere. Plus love the smiles everytime we walk past the clinic 📷📷

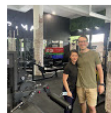
J

James Watkinson
6 reviews · 3 photos

★★★★★

Highly recommend.

Lisa is a fantastic physio. I've been seeing her for a few months now and she provides a tremendous combination of expertise and flexibility with her treatment. She has customised my treatment based on my specific goals and requirements, which have changed significantly throughout the months. I'm extremely satisfied with the results we've been getting.




M

Mitch Stuckey
1 review

★★★★★

Ripper physio. Helped with my lower back and shoulder issues. Even better mechanic



Matt Gibson
2 reviews

★★★★★

I've been going to Primal Camberwell since it opened, and it has been great. The staff are really friendly, helpful and knowledgeable.
I'm disabled, and I really appreciate the level of support that they give me.



Christian Clarke
2 reviews · 3 photos

★★★★★

Amazing Physio clinic. I have had severe back pain for years and was seeing a chiropractor and getting short term results but had to keep going. Recently i went to get an MRI scan done and the doctor told me to stop all activity. I immediately went into panic mode and listened to my doctor (stupid me) and my condition got worse! I was refereed by a friend to see Lisa the principle Physio at Primal and at first i was fearful due to what my doctor had told me but after my first session with Lisa i immediately felt comfortable and at ease with her terminology and reassurance. After a few sessions i was back to training with no fear. Lisa has been amazing the last couple of months i cannot thank her enough ! I always look forward to my sessions with her. The moment you walk in to the moment you walk out the team are just amazing, friendly and personable. Primal is the go to place! I recommend everyone i know to go see them. Thank you.





Patrick Douglass
3 reviews · 3 photos



The most down to earth, friendly and professional Physio i have been to. I recommend everyone to come and see Primal Physio. I have been seeing the team for an elbow injury from golf and they have been amazing!



Danny Nguyen
1 review



I recently started to get back into the gym but was having strange shoulder pain and a friend suggested to check out Primal. It turned out to be my bad posture from sitting on the computer for long hours. They gave me some really good rehab exercises that were tough but were effective and I was lifting without pain within a week! Great Physio nearby the city!



Jenny White
3 reviews · 1 photo



Came to these guys a year ago and then moved out of the area. I'm so glad they gave expanded to the east! Lisa is an amazing physio with such a wealth of knowledge. Amazing team and great vibes :)



Tracy Nguyen
4 reviews



Primal Physiotherapy is an outstanding physio studio. It is one of the most, if not, the best physio I have visited out of the 5 physios I have attended regarding my 10-year-long chronic lower back pain. From start to finish, you are met with the most down to earth staff and physios who clearly manifest immense passion and care in Physiotherapy. I absolutely recommend Primal Physio to all :)



Jade Arias
3 reviews



Came for a massage with Lisa the physio and it BLEW MY MIND! I have never had a massage by a physio before and didn't know what to expect. Her wealth of knowledge and how to utilise that was incredible! I have had nothing even come close! 100000% recommend



Todd McDonald
Local Guide · 45 reviews · 18 photos



You can expect a high level of service and advice at Primal



Dao K Le
1 review



I've been here for a few different injuries from knee to wrists pain. I'm glad I can always come to see them to make sure I recover as soon as possible. When my knees were hurting, I left it and assumed it healed over time and when I came in it was in a bad state. After the rehab it's much stronger and haven't had the pain in a while. This time my wrists hurting so I came immediately and the pain was managed in less than a few days. I'm happy to see the team at Primal! Thank you



Kim Le
5 reviews



I have seen my fair share of other physiotherapists and even chiropractors and I haven't ever really received much relief long or short term from any of them. However, Primal has delivered amazing results.

The team at Primal Physio have made me feel very welcome and I could not have asked for better care. I couldn't see myself use any other physiotherapy service and would recommend to any one who asks me. Lisa's breadth of knowledge and her eagerness is what you need in a physiotherapist. Her grasp on physiotherapy is holistic and tailored to your treatment - which is what I have needed for my long series of injuries and pain. Thanks for making me feel like a million bucks!!



John Holt
1 review



Awesome team, great atmosphere and most importantly. RESULTS. After many months with another Physio I came to Primal for a second opinion. These guys have a set up like no other with gym equipment and physiotherapists that actually practice what they preach!



Mo Hit
3 reviews



Absolutely great and friendly service. Great for gym junkies like myself.



Belle Power
5 reviews



Friendly environment with great facilities! Lisa is really knowledgeable and a great communicator



Jonathan Moore
4 reviews



After a series of many sports-related injuries and seeing various physios, none of them can compare to the guys at Primal. If you're looking for outstanding physios who get you results, look no further. Definitely worth it.



Justin Ashford
13 reviews · 1 photo



Amazing vibe, amazing service and more importantly.. they fix the problem and provide solutions in ensuring similar injuries can be prevented

Primal Physiotherapy Camberwell

Address: 780 – 782 Burke Road, Camberwell VIC 3124

Phone Number: (03) 9995 8044

Trading Hours:

Monday : 9AM – 9PM

Tuesday : 9AM – 9PM

Wednesday : 12PM – 8PM

Thursday : 9AM – 8PM

Friday : 9AM – 8PM

Saturday : 9AM – 1PM

Sunday : CLOSED

Public Holidays : Closed

Services

[Physiotherapy](#)

[Massage](#)

[NDIS \(National Disability Insurance Scheme\)](#)

[Personal Training](#)

[Rehab Classes](#)

[Home Visits](#)

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Facebook : <https://www.facebook.com/primalphysiotherapy>

Youtube: <https://www.youtube.com/channel/UCyyZTNgf8sHyzsHPrjU71VA>

Pinterest: <https://www.pinterest.com.au/primalphysio/primal-physiotherapy-camberwell-3124/>

Website: <https://primalphysiotherapy.com.au/camberwell>