

★★★★★ 50+ FIVE STAR REVIEWS! ★★★★★

Primal Physiotherapy Taylors Hill

**John Ngo**  
4 reviews  
★★★★★  
Tran is very professional and knowledgeable. She was able to identify issues with my squats within minutes and provided me with ways to address the problems which I have implemented and can confirm it works. Her massage/dry needling has provided relief to my upper back. Tran did not try to sell more appointments as she deemed it unnecessary. This is refreshing compared to other places. Quynh at reception is friendly and welcoming also. Will definitely return for monthly massages/dry needling.

**Craig Raberts**  
8 reviews  
★★★★★  
Had another Physio session with Chris today, and must say the guy is extremely comfortable to work with. The exercises suggested by him are spot on targeting the areas needed. Quynh gives you the warmest welcomes and is ever ready to work according to your schedule. Highly recommend primal.

**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!

**Revash Beejlall**  
1 review  
★★★★★  
I've been going to primal physiotherapy for a few months now. Maddy has been the wonderful physio that has been working with me and helping me get back to normal. She's been nothing but amazing. Very passionate and well educated within the industry I definitely recommend it 🍷



**Christian Szilagyi**  
2 reviews  
★★★★★  
Very pleased with Primal Physio and Brian in particular. Shoulder issue correctly diagnosed and recovery was smooth and predictable. I love working with pros!

**Alison K**  
1 review  
★★★★★  
I highly recommend the Primal Physio Team! Maddie has been treating my shoulder issue, and she is amazing! I felt comfortable seeing her, and prescribes exercises which are relevant and functional to what I want to improve on. I can not thank her enough for all her help, advice and the progress I've had with my recovery so far.

**Jade Kempton**  
1 review - 1 photo  
★★★★★  
Chris is a very lovely physiotherapist and was incredibly friendly. He is a great communicator who was able to listen to my problems and fix my back pain and muscle pain. As a full time dancer and constantly have muscle pain. I highly recommend Chris to anyone needing physio. The clinic is very clean and is such a good environment with a positive atmosphere and vibe. All of the staff are lovely and approachable. The receptionist, Quynh was amazing to talk to and so lovely and was super willing to listen to my stories. Quynh was very helpful!! She was able to upkeep a clean space for the clinic. I 110% recommend Primal Physio.

**Eloise Moore**  
2 reviews  
★★★★★  
I'm a big fan of primal physio they have fixed my back and neck a few times. Massive thanks to Maddy who now has my daughter netball ready after an injured coccyx. I highly recommend Maddy and primal physio.

**Catherine Fitzgerald**  
2 reviews  
★★★★★  
I bring my son who has mild disability needs to see Andreas. He is really friendly and adaptable with how he interacts with my son and the activities he does with him. All the staff here are amazing with how they interact with young children and super flexible with how they run the sessions to accommodate for their clients needs.

**Darren Pace**  
2 reviews  
★★★★★  
Primal Physiotherapy is the best in the Buisness, I would highly recommend to anyone looking for a physiotherapist, great friendly staff on arrival they make you feel so welcome, physiotherapist Chris is just simply exceptional, extremely caring and knowledgeable.  
  
Book your next physio appointment with Primal Physiotherapy!! You will not be disappointed!!  
  
"Highly recommended"

**Andrea Ellis**  
3 reviews  
★★★★★  
There was initially a mix up with the location of my booking, which I didn't even know about until I called to see if I could go in earlier. Now normally I'd expect any company to just be like sorry but we don't have anything today, but not these guys, they went above and beyond to contact the right location and slot me in. I was truly shocked by the effort made by the guy who took my call (sorry your name has escaped me). Then I also found out that Andreas had stayed back to fit me in! Now if you want to run a successful business, these guys sure do have it down pat. Well done and thank you, all your efforts are truly appreciated :) happy little customer

**Peter Tran**  
2 reviews  
★★★★★  
Professional and friendly staff. I have been going to Primal Physio for over a year now. Andreas did treatment on my shoulders and back, but also show me the exercises to strengthen it.  
  
I recommend everyone to come and see Primal Physio.

**Hayley Abbey**  
2 reviews  
★★★★★  
I've been coming to Primal Physio for over a year now, for one on one treatments and also clinical Pilates/physio classes where I have my own customised program to follow to help with my rehab. A beautiful, clean space. Very welcoming and inclusive environment. Every therapist I've seen has been very professional and friendly. I had a 1hour physio massage with Brian today, which was great! Thanks for looking after me Brian.



**Xavier McGettigan**  
Local Guide · 5 reviews · 3 photos

★★★★★

Just had an excellent massage with Andreas, used to do physio here and the team is excellent!! Highly recommended.



**Novita Kennedy**  
4 reviews

★★★★★

It's really good. It's very friendly staff. Quynh is very helpful and friendly. Tran gives very precise exercise. Very helpful



**damien letran**  
1 review

★★★★★

I have been seeing Bryan for about 2months to manage an elbow/bicep problem. Bryan is a true professional, knowledgeable and has helped me overcome the pain I had. Not only has he helped me address the problem but also taught me how to manage/prevent it coming back. The practice is clean well kept and has the relevant equipment to be treated. Definitely recommend this practice.



**Aysha**  
1 review

★★★★★

Highly professional and friendly staff, have been a customer for over two years and am very satisfied with all services. I must say, I miss my Pilates class 😊



**Stefano**  
4 reviews

★★★★★

Great service and really try to help your rehabilitation rather than just treat the short term issue. Andreas is knowledgeable, professional and considerate. I have been going for a few months and will continue getting treatment here.



**Christina Milicevic**  
5 reviews

★★★★★

I've been twice for a Full back shoulder and neck massage I can't thank em enough I always feel so much better after my session



**Edward Edward JC**  
1 review

★★★★☆

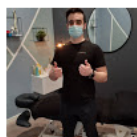
I am only giving 4 stars because I have just start seeing physiotherapist here. But so far all the staffs have been awesome.



**Dermot Smith**  
3 reviews · 3 photos

★★★★★

Been getting treatment From Andreas who as been an absolute legend! He has seen me through a nasty injury in my lower back. The team and overall vibe of the clinic is awesome. Go check these guys out. Well worth it!



**Lawrence Vella**  
1 review

★★★★★

Highly recommend Primal physio very knowledgeable has done wonders to my archilles heal. Staff are absolutely wonderful thank you Andreas.



**Karlo Maricevic**  
5 reviews

★★★★☆

It is my first time with any type of physiotherapy. So I was not sure what to expect and how to definitively rate it as I cannot compare it to any other establishments. But my experience and my progression have been positive and I have been benefiting and seeing improvements to my injury. I enjoy my visits to Primal Taylor's Hill. Brian and Andreas are professionals and as a bonus, they are great blokes who are easy to talk to and who have my best interests in mind. Keep up the good work guys.



**Christopher Abela**  
2 reviews

★★★★★

After being with numerous physiotherapists posts back operation I could not fault primal for their dedication to my recovery and mental well-being. They have a all-around friendliness which complements they're Desire to push you to your recovery I highly recommend primal physiotherapy



**hugo pietrangelo**  
1 review

★★★★★

Andreas and Brian are terrific. Knowledgeable, sensitive, informative. I immediately felt at ease and felt confident in my receiving expert care. Staff was great too. Walked away, very impressed with the overall experience. HIGHLY recommend.



**Katherine Zivkovic**  
1 review

★★★★★

Brian was really helpful in easing pain following an accident I had and with follow up advise.



**Bradley Ward**  
1 review

★★★★★

Really good for football players, I had a good and quick recovery with my ankle injury thanks to Will. He provided really good sessions that weren't too straining on my injury.



**John Sinclair**  
6 reviews · 1 photo

★★★★★

Brian and the team are awesome! Definitely recommend.



**Steven Ribic**  
2 reviews

★★★★★

Andreas was an amazing help in getting my groin muscle back to normal!



**Amarpreet Singh**  
3 reviews · 1 photo

★★★★★

Thanks James for looking after me and helping me with your most experienced team member  
Top guy .



**Daniel Truong**  
5 reviews

★★★★★

I just had a physio massage due to my high training schedule with Andreas Zacharakis who very professional and Provided great service. Will definitely be coming back! Thank you Andreas Zacharakis and Primal Physio Therapy!!



**Mohamed Elgohary**  
1 review · 2 photos

★★★★★

Amazing staff and very friendly place. Strongly recommended.



**Michael Di Benedetto**

4 reviews



Definitely one of, if not the best physios in the west. I would certainly give these guys a visit if you're serious about getting yourself pain free and moving again in no time. Ive tried a couple physios before these guys and there was no comparison. The others didn't help long term and just wanted the weekly visit so they could get paid.



**Emmy Tran**

2 reviews



Best in the west! Everyone here is so friendly and caring of their clients. The clinicians are very knowledgeable in their expertise. Love how the clinic looks and feels as well -- it's so pretty!



**Gary Bassat**

2 reviews



What can i say!! what an amazing clinic and team at primal !! I have seen so many physios in the but none compare to the team here at primal! They love what they do and put everything into tern you understand and can relate to. Such a happy environment to be in. I wouldn't go anywhere els they paid me!



**Jessie Davis**

2 reviews



Absolutely love the guys at primal!! James and Lisa are great! They have helped me through my in and they know how to give out the right advice and help to the right person with what they need. V definitely recommend them to anyone who wants advice and support on achieving the best result for there injuries or fitness 😊



**Laruen Cambell**

2 reviews



I have been coming for pilates and massage and both have improved the quality of life for me! The team are amazing. I highly recommend.



**linta joseph**

1 review



Primal physiotherapy clinic in Taylor's Hill is one of the best clinic.Ed and Andreas are excell....



**Johnny Tran**

1 review



Been seeing lisa for an ACL rehab. The depth of knowledge she holds and the way she executes it you feel comfortable and at ease. She has got me back to squatting which i never thought id do. Fantastic facilities and amazing staff. Thanks primal!



**Leila Tannic**

1 review



I cannot praise Primal enough!! I've been coming here for 5 or so months and I've got to say that my pains have gotten so much better. I feel so at home and comfortable here and I love coming back for the pilates classes or even just to say hi!! I'd highly recommend primal to everyone!!!



**Gregory Lynch**

1 review



Friend recommended to me this place for physio and I can definitely see why. Other physios Ive bee are low quality and don't prioritize the client. Will be coming here all time ahahah



**Andy Nguyen**

3 reviews



Really helpful with getting you back up to full strength. Post ACL injury is tough and Ed and Primal Physio Therapy are there to help you the whole way.



**Damien Vaskoc**

2 reviews



Primal Physio have literally put me back on my feet. After two knee reconstructions, i didn't know if I was going to be able to come back to my form again. However, after coming here for a few months, the improvement has been revolutionary. I went back to work sooner than I thought and it's all thanks to Primal. The staff are just lovely people who offer such an extensive depth of knowledge in physio. Looking forward to my next clinical pilates class! :)



**Gulcan Genitsaris**

10 reviews · 4 photos



I've been going to Primal for nearly 2 years now and am super happy with them. Aris, has been treating me for 2 months now and body feels great. James and Lisa are always so accommodating and helping. Great knowledge, really happy with both clinics.



**Kylie Muskett**

2 reviews



I have been seeing Ciara for a while now who has so much experience and knowledge. The clinic is modern and has such a great vibe to it. The first place to go for any injury!



**Luke Jones**

2 reviews



Absolutely fantastic Physio. It's new, modern and the clinicians go in depth with you. I 100% recommend !! They are all so inviting and friendly. You would be crazy not to come :)



**Mark Wilkinson**

6 reviews



Super knowledgeable and friendly staff! Sped up my injury recovery time and got me back winning races in my go kart! The big English fella out the front is super friendly and it's a great atmosphere to be in! Trust them 100% with my body



**Taylor Winsor**

2 reviews



I have seen many health professionals and got nowhere with my injuries until i came to Primal. Within a couple of sessions and the rehab they gave me i have seen a huge difference the atmosphere and staff here are just so great! i highly recommend :)



**Catherine Elizabeth**

2 reviews



Been to so many physiotherapists and none come close to primal! The care they give to all their clients is outstanding. I was recommended by a friend and now im recommending mine. Fantastic place.



**Anne Marie Smith**

4 reviews



Primal physic treats my kids and I so well!!!! I'm a mother of 2 and Primal is so incredibly caring with children. Pregnancy took a toll on me but i was able to recover quickly because of Ciara's treatment. They guided me through my issues and actually explained what the root of the problem was. Compared to other physios i've been to, Primal stands out in professionalism as well as customer service. I highly recommend to families or any parents with fussy kids! 😊😊😊 Primal Physio will be my physio for life!!

- M** **Mayana Pham**  
2 reviews  
★★★★★  
I genuinely cannot praise Primal enough. From their expertise to their lovely staff -- they are exceptional in what they do. I strongly recommend Ciara for physiotherapy because of her depth of knowledge in the field, as well as Aris for myotherapy -- or even a massage. Their selfless drive to help others holistically is something I have ever seen done in physio before. Having been to so many other clinics, I can proudly say that Primal Physiotherapy has been the most beneficial.
- Q** **Quynh Tran**  
3 reviews  
★★★★★  
Been to the Braybrook one already and finally they have opened one up closer to me! Same great staff with beneficial services like physio, massage and pilates! Highly recommend
- R** **Rena Huang**  
54 reviews · 38 photos  
★★★★★  
Primal Physiotherapy really helped me recover. Ciara helped me build my confidence again and the Primal team are always so welcoming!

- J** **Jimmy Kosta**  
1 review  
★★★★★ a year ago  
Thank you Lisa and team. Very happy with my shoulder results.
- Z** **Zekeriya Ulku**  
3 reviews  
★★★★★  
Great place and an amazing myotherapist. I got treated by Aris who I was recommended to see. He was excellent and was able to tailor the session to my specific needs based on the work I do. Also most importantly felt awesome after the session 😊
- M** **Merissa Dean**  
2 reviews  
★★★★★  
I just had to write a review. My son plays soccer and recently tore his ACL. Ciara at primal physiotherapy has been dealing with him and she has been so terrific!! I honestly cant describe how glad i am that i was recommended to go to primal. Everything about this place is just so fantastic! Physio for life right here.

[Primal Physiotherapy Taylors Hill](#)

[Shop 10 Taylors Hill Village, 127 Gourlay Rd, Taylors Hill VIC 3037](#)

(03) 8315 7182

### 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](#)

**Social**

Instagram : <https://www.instagram.com/primalphysiotherapy/>

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

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

Pinterest: <https://www.pinterest.com.au/primalphysio/primal-physiotherapy-taylors-hill-3037/>

Website: <https://primalphysiotherapy.com.au/taylors-hill>