



A·R·C
ATLANTIS RECOVERY CENTRE

A PURPOSE BUILT ALLIED
HEALTHCARE CENTRE



About Atlantis Recovery Centre

ARC is dedicated to providing the highest quality Physiotherapy, Hydrotherapy, Exercise & Injury Rehabilitation, Mental Health support & wellness.

We are a fully equipped private appointment-based health centre aiming to provide a friendly holistic experience to rehabilitation through innovative therapies, treatments and technology.

Our clients can utilise their private health funds and GP referred EPC plans while receiving the highest level of treatment. ARC supports innovative technology designed to assist with mental health, pain management and physical rehab therapy anytime, anywhere, day and night.



We are a Proud
NDIS REGISTERED PROVIDER





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Our Services



Physiotherapy

From sprains & strains to post surgery recovery and more, our private gym & state-of-the-art facilities allow you to rehab in a safe and comfortable environment



Hydrotheraphy

Using the therapeutic effects of water, activities such as running, walking, and jumping allows patients to perform standing activities in a reduced weightbearing capacity.



Psychology

We offer an innovative approach to traditional therapy and virtual reality systems allows our clients to experience a more immersive therapy.



Virtual Reality

An innovative, immersive, and first of its kind therapy that aids in the treatment of several disabilities in combination with traditional therapy.



Private Recovery Gym

Our private gym is fitted with resistance and aerobic exercise equipment, ensuring all our patients are given the best opportunity to achieve their health and well-being goals.



State-of-the-Art Technology

The Hydro Tread, Reax Lighting Reactive and Reax Treadmill are world class and exclusive to ARC.



ARC is changing the face of healthcare

The ARC allied health centre is wheelchair accessible, as well as having left and right-handed shower and toilet facilities designed to be utilised by customers from all physical and cognitive ability levels.

All ARC therapists are First Aid trained, CPR and mental health qualified, holding all required qualifications and association memberships to operate as registered personal trainers within Australia.

ARC is committed to continued integration with community initiatives such as the NDIS and client case managers to provide targeted, goal-oriented support throughout our customers recovery journey.

01

Outstanding Care

Our professionally trained team provide an unrivalled level of personalised service by developing effective plans to improve overall wellness and quality of life.

02

Innovative Technology

ARC exclusively owns the only REAX Lights, Reax Treadmill & Hydro Tread in Australia. Further, our fully equipped gym provides clients onsite access.

The ARC Recovery Equipment

Atlantis Recovery Centre houses a fully equipped onsite gym with traditional equipment, cardio machines, as well as specialty equipment to aid all clients physical and mental needs from those with severe disabilities, minor issues, long term problems, veterans to professional athletes.



Hydro Tread

The use of water allows patients to perform standing activities in a reduced weightbearing capacity reducing load and aggravations.



Reax Lighting

Amplify your vision field, speed up your brain processing stimuli and improve motor skills with this unique equipment.



Reax Treadmill

Sudden and unpredictable inclinations in all directions while walking or running with dynamic interferences, for training and movement improvement purposes.



Fully Equipped Gym & Infrared Sauna

Provides a competitive edge with reduced costs to insurance companies as less funding required to access an off-site gym by clients who may need it.

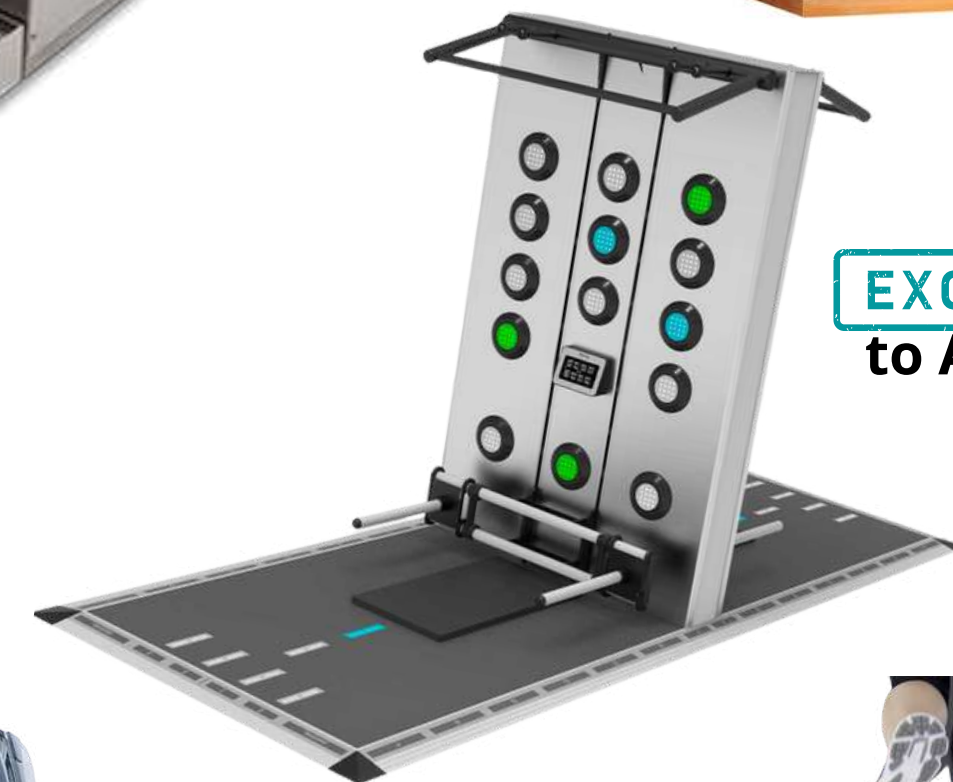


Virtual Reality

Measures range of motion, velocity, response time, smoothness of motion and engagement which can all be tracked through the use of our devices.



EXCLUSIVE
to Atlantis



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to Atlantis

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to Atlantis



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The ARC Physiotherapy

Our physiotherapists are experienced in musculoskeletal, paediatric and adult disabilities to improve gross motor skills such as co-ordination, strength, balance, endurance, power, speed, range of motion, dual tasking, cognition, weight loss and general health and fitness.



Hydro Tread

The use of water allows patients to perform standing activities in a reduced weightbearing capacity reducing load and aggravations.



Virtual Reality

Measures range of motion, velocity, response time, smoothness of motion and engagement which can all be tracked through the use of our devices.



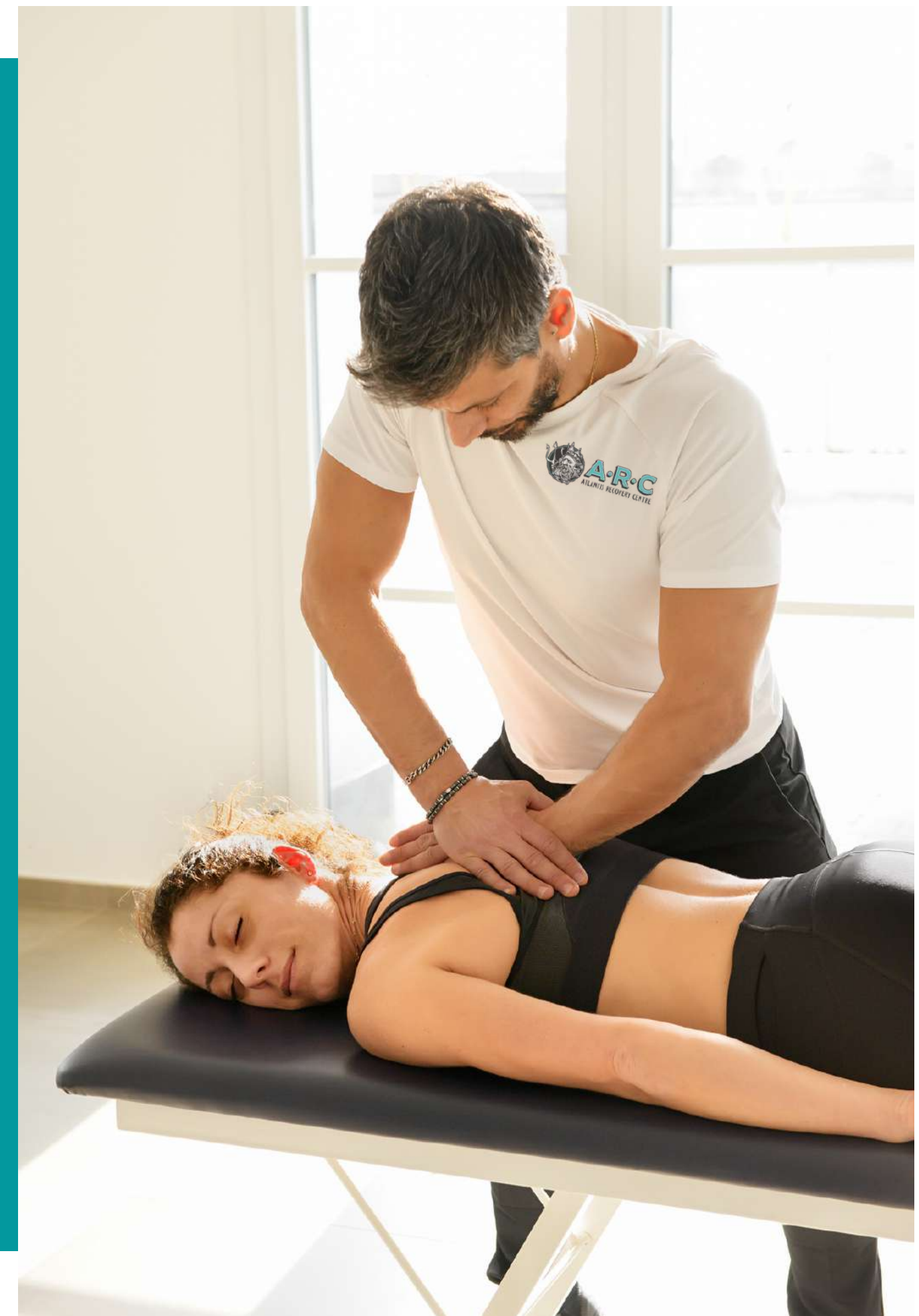
Reax Treadmill

Sudden and unpredictable inclinations in all directions while walking or running for training and movement improvement purposes.



Private Gym

Fitted with resistance and aerobic exercise equipment, free weights, treadmills in spacious air conditioned comfort.



The ARC Psychology

Psychology through Atlantis Recovery Centre offers an innovative approach to therapy. Use of traditional psychological based treatment methods in combination with our virtual reality systems allows our clients to experience a more immersive therapy.



Traditional Therapy

Access to our Allied Health practitioners allowing a collaborative and multi disciplinary approach for all clients with the necessary funding.



Virtual Reality

Guided therapy for anxiety, depression, PTSD, social isolation and pain management to name a few. The patient learns adapted cognitions and behaviours in order to reduce anxiety in the corresponding real situations.



NDIS Approved

NDIS provides reasonable and necessary funding to people with access to support and services they need to live and enjoy their life.



Private Gym

Fitted with resistance and aerobic exercise equipment, free weights, treadmills in spacious air conditioned comfort.



The ARC Virtual Reality

Our virtual reality based systems provide a new and engaging form of therapy that patients prefer due to its gamified approach to exercise rehab. The virtual reality applications we use provide specific treatments for upper limb conditions, neurological conditions, as well as mental health and disability.



Virtual Reality and Allied Health Therapy

Virtual Reality within Allied Health is an innovative, immersive, and first of its kind therapy that aids in the treatment of several disabilities in combination with traditional Allied Health therapy.



Physiotherapy, Exercise Physiology and Psychology

Our Physiotherapists, Exercise Physiologists and Psychologists have experience in both paediatric and adult conditions and provide evidence-based assessment and treatment plans to aid in participants achieving their goals.



DVA and NDIS

All our therapists have extensive experience working with DVA and NDIS patients in which our virtual reality programs are geared towards



Onsite or Remote

ARC offers in clinic Virtual Reality and Virtual Reality from the comfort of your own home. Our clients have the opportunity to use our virtual reality headsets from home through our telehealth appointments or in clinic.



The ARC Hydro Therapy

The Hydrotread is our state-of-the-art, custom made underwater treadmill which can be filled to the right level of water for your needs. The water provides a form of low impact resistance that's great for all body types and conditions and ideal for clinic hydrotherapy for people wanting to improve cardiovascular fitness, strength and endurance.



Exclusive to ARC

ARC is the only clinic in Australia to offer Hydro tread based therapy alongside Virtual Reality Therapeutic Services within Physiotherapy, Exercise Physiology, Occupational Therapy and Psychology.



Suitable For All Ages

Hydrotherapy is suitable for everyone from professional athletes, those recovering from injuries through to people living with a disability. Great for improving cardiovascular fitness, strength and endurance.



Reduced Weight Bearing Capacity = Less Pain

Standing activities such as running, walking, and jumping can be performed in a reduced weightbearing capacity reducing load and aggravations through lower limb injury sites.



Increased Mobility, Coordination & Strength

ARC offers in clinic Virtual Reality and Virtual Reality from the comfort of your own home. Our clients have the opportunity to use our virtual reality headsets from home through our telehealth appointments or in clinic.



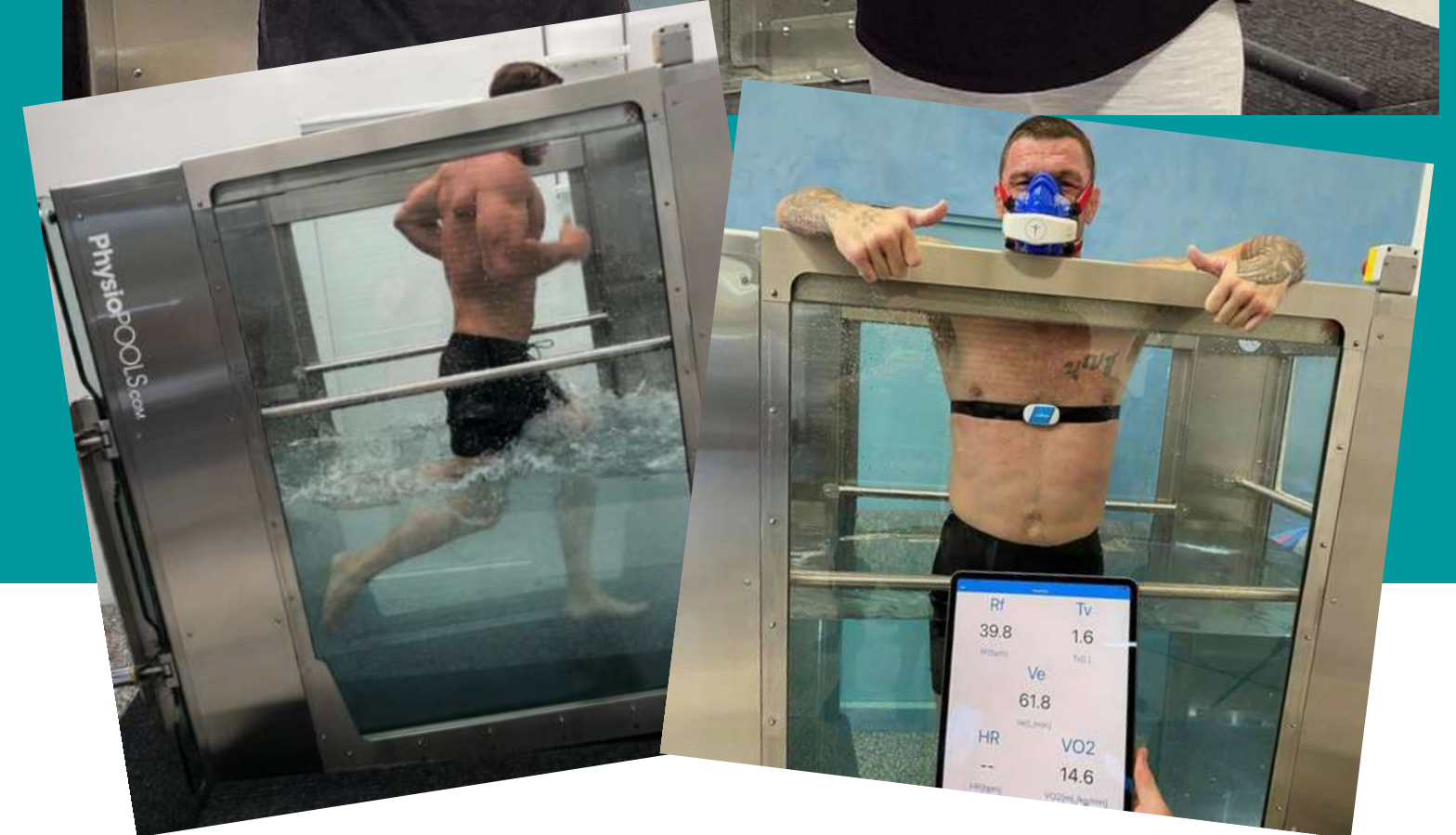
The ARC Testimonial

“ Amazing thank you to the guys at Atlantis Recovery Centre for helping me to prepare for my fight with Anthony Mundine boxing fight and for my debut on One Championship with Nieky Holtzken. With my hip complications, the aqua treadmill allowed me to maintain my fitness while making my runs pain free with minimal impact. I cant endorse this machine enough for all its benefits. ”



John Wayne Parr

Nicknamed "The Gunslinger", JWP, is a retired Australian Muay Thai fighter, kickboxer, boxer and former 10-time World Champion



The ARC Contact Details



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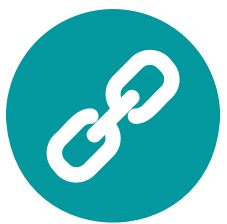
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