

Ben Bullimore

Physiotherapist



Profile

Hi, I'm Ben, and I'm a physiotherapist here at Conscious Healthcare SA.

With a Bachelor of Health Science and a Master of Physiotherapy, I've spent the past six years helping people in private clinics, the community, and the disability sector. My approach is evidence-based and holistic, focusing on empowering you to take charge of your own health journey. I believe in fostering independence and promoting long-lasting, positive changes that extend beyond our sessions.

I specialise in working with individuals in the disability sector, particularly those aiming to increase their independence in daily activities. Building strong, trusting relationships is at the heart of my practice. From our very first session, my goal is to make sure you feel comfortable, understood, and fully supported as we work together to achieve your goals. Some of my key areas of expertise include stroke rehabilitation, intellectual disabilities, and chronic pain management.

Outside of physiotherapy, I have a personal passion for sports, and I love to bring that energy into my work. Whether through structured therapies or creative functional exercises, I aim to make our sessions fun, interactive, and focused on achieving real, meaningful outcomes. Together, we'll build your confidence and work towards living more independently.

