



As you strive to achieve fitness goals it is not uncommon to sustain a few injuries along the way.

At PhysioOne we understand the physical demands of training and know what your body is going through. We specialize in getting you back to training and on track to achieving your fitness goals asap!

Our staff have been physios to and even competed in Commonwealth Games, Olympic Games, Americas Cup teams and other NZ teams.

WHAT PHYSIOONE CAN DO FOR YOU?

PhysioOne Physiotherapists can assist you in setting and achieving fitness goals.

We can do this by writing a training programme specifically suited to your needs.

We also work closely with gym instructors and personal trainers to make sure all aspects of your fitness and injury prevention are maximised.

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