



As part of your treatment program, your physiotherapist may prescribe a stretching, strengthening or general fitness program.

All PhysioOne physiotherapists are qualified in Gym and Pilates based rehab.

Please advise your physiotherapist if you would like assistance with a training program. If you are a member of a local fitness centre, your physiotherapist will be able to provide you strategies for developing and implementing a gym programme.

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.