



WHAT IS A GYM PROGRAMME?

When you suffer an injury you want to return to full health as quickly as possible so that you can return to living normally and doing the things that you wish to do. Enabling you to live your one life. A gym rehabilitation programme is a personalised programme established by the physiotherapists at PhysioOne and designed exclusively for you to regain your full fitness and enable you to live fully again. This may include a weights programme based in a gym.

HOW CAN PHYSIOONE ASSIST YOU IN GETTING BACK TO LIVING YOUR LIFE NORMALLY?

PhysioOne will assess your injury, assess what can be done to support the area of injury, reduce the strain on that area and relieve the pressure in your daily life and work. This may involve strengthening, stretching, core stability work, ergonomic and postural advice, work technique and management.

PhysioOne will advise the gym staff on your injury and what exercises would be of benefit to you or indeed not. Thus this personalised approach to your health and fitness will assist you in achieving the goals you really wish to achieve.....and as quickly as possible!