

PHYSIO4ALL

revitalise – bounce – be healthy

PHYSIO4ALL Testimonial

By Dr Lachlan Soper

“The PHYSIO4ALL Self Managed Program is very helpful, and compliments their hands-on work well.

Many physiotherapy practices do not have the gym facilities and give a printed home-based program with stick figures.

The advantage with this is that firstly the PHYSIO4ALL physiotherapists take photos of what you are doing whilst performing the exercises. They put these into a printed exercise prescription so that it is clear what to do and easier to remember. Secondly, you are able to do much more specific exercises in a tailored studio rather than finding objects to lift at home or attaching theraband to door handles.

Having a folder at the studio which gets ticked off each time you go is just that little bit more motivating to do your exercise prescription as you have someone external supervising your completion of your tasks.”

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