



movement
improvement

Injury Recovery Process

Physiotherapy

Laying the foundation

- Acute injury management
- Hands on/ manual therapy

Exercise Physiology

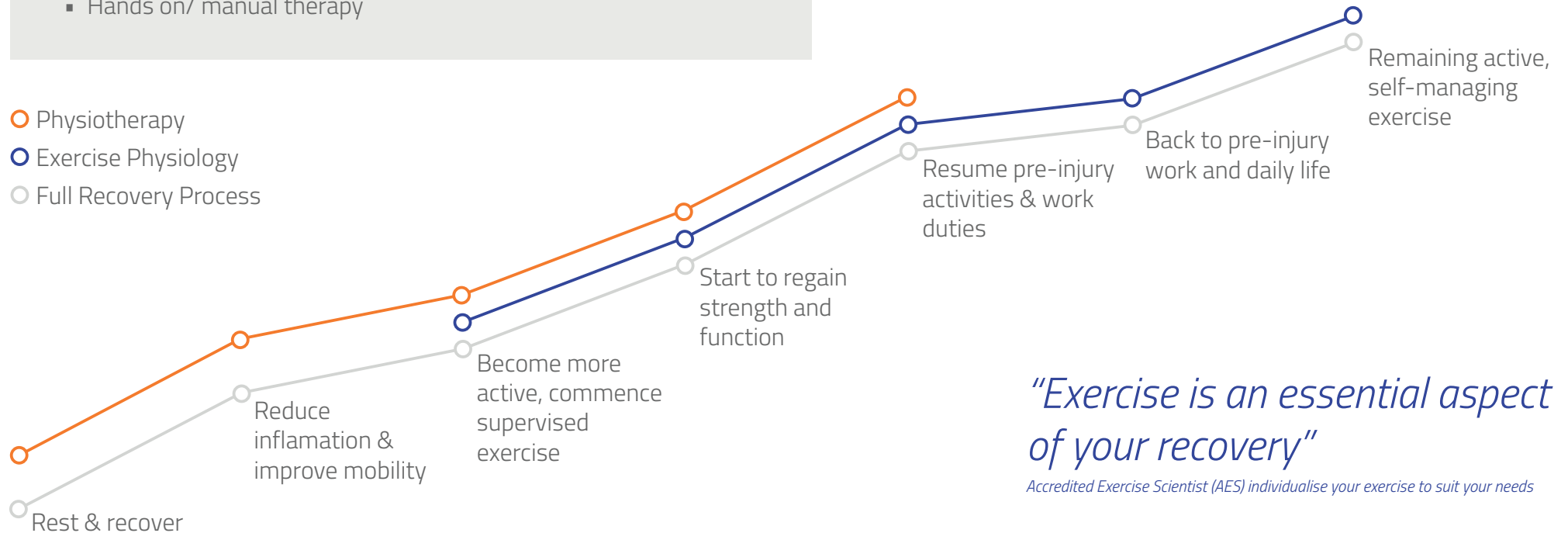
Building on the foundation

- Exercise based intervention

○ Physiotherapy

● Exercise Physiology

○ Full Recovery Process



“Exercise is an essential aspect of your recovery”

Accredited Exercise Scientist (AES) individualise your exercise to suit your needs