



## CLINICAL EXERCISE

Individually Tailored Programs

- ✓ REHABILITATION
- ✓ INJURY PREVENTION
- ✓ ENHANCE SPORTS PERFORMANCE
- ✓ INCREASE MOBILITY & FLEXIBILITY
- ✓ IMPROVE CORE & GENERAL STRENGTH
- ✓ IMPROVE POSTURE
- ✓ ANTENATAL CARE

# ACHIEVE RESULTS

Clinical Exercise is a specifically prescribed program that uses evidence-based exercise intervention as a 'medicinal' approach to effectively treat a wide range of acute and chronic health conditions.

The program incorporates rehabilitation and reformer Pilates-based exercises that teach optimal posture of the spine and core muscle strengthening. Whole body movement, coordination and mobility are integral components fundamental to successful results.

Your personalised program begins with a thorough assessment with one of our experienced and highly qualified Physiotherapists. During each 50 minute session, you are continually supervised to ensure safe and effective outcomes. As you progress, the program is responsive to your needs which means there are many benefits above traditional gym-based Pilates.

At Hartwell Physiotherapy, we are recognised industry leaders in customised Clinical Exercise Programs. Our affordable small group sessions of six people provide the perfect solution so you can achieve your health and wellness goals.

TO LEARN MORE,  
SCAN THE QR CODE



## CONTACT OUR FRIENDLY TEAM



9889 3903



admin@hartwellphysio.com.au



Shop 1, 1150 Toorak Rd  
Camberwell VIC 3124



www.hartwellphysio.com.au