



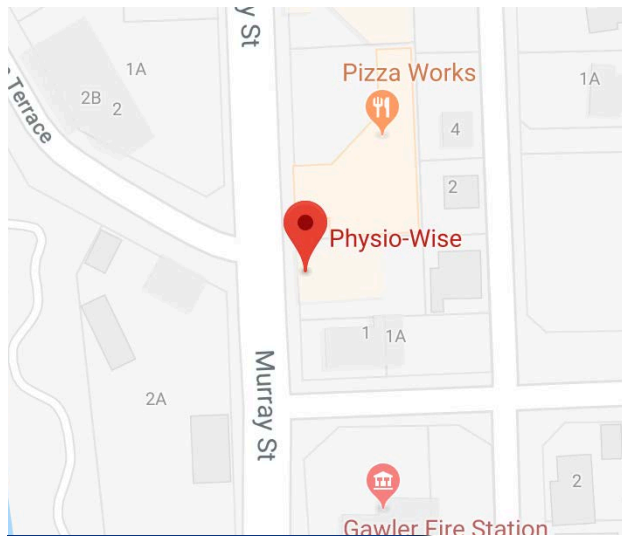
How can I get involved?

Before you take part in your first class, one of our physiotherapists will perform a comprehensive balance assessment to determine your suitability for the program. Once complete, exercises will be individually tailored to improve your strength and balance.

Classes run every Tuesday at 10am and Thursday at 2pm. Class sizes are kept small so our Physiotherapists can provide sufficient supervision and support. For further inquiries Call now to make a booking or for further inquiries.

About Physio-Wise

Physio-Wise has provided services to the northern area since 1997 and has grown to include 7 Physiotherapists with clinics at Lyndoch and Gawler. We have developed a comprehensive range of services and programs to suit your needs, including hands on therapies, radial pressure wave, womens health, Pilates and strength and balance classes.



PHYSIO-WISE

Be Well.....Stay Well
www.physio-wise.com.au
8522 6611

Strength and balance

Reduces the risk of falls in older Australians by improving lower limb strength and balance. Adapted from the evidence based Otago Exercise Program.



PHYSIO-WISE

Be Well...Stay Well

Staying active and independent is important for everyone. Falls do not have to be a part of growing older.



What is the Strength and Balance class?

Based on the Otago Exercise Program (OEP), the Strength and Balance class has been adapted to a group exercise environment. Exercises are individually tailored to match and challenge your abilities. The OEP was developed over many years of research and has worked in other states and countries.



Who is Strength and Balance for?

The class is most suitable for people over 80 years who are at risk of falling or who have had a fall. It's never too late to improve your strength and balance.

How does Strength and Balance work?

The strength and balance class helps to reduce the risk of falls by addressing lower limb weakness and balance difficulties. You will receive an individually tailored exercise program and walking plan along with support from our Physiotherapists.



Why join the Strength and Balance class?

The Strength and Balance class helps older people to increase their ability to perform everyday tasks and activities, like cleaning, washing, shopping and going out with friends.