

Is This You?

Strength & Balance Checklist

Thanks for downloading our Checklist to see if you could benefit from our Strength & Balance Classes.

Do any of the following statements sound like you?

- I have had surgery in the last year (or more) and I am not back to my regular activities
- I have recurring back pain that bothers me
- I have painful or stiff joints
- I have arthritis or I am worried that it might develop
- I feel weak in the upper body
- I want to feel stronger
- Exercises I've tried in the past make my injury feel worse
- I have been to a gym or Personal Trainer but I can't find an exercise that makes me feel good.
- I trip all the time or I'm worried about falling.
- My balance isn't as good as it used to be.

If you answered yes to any of the above, call on 9905 0048 for more information on how we can help you get back to doing what you love.



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