

Class Description	Description	Locations	Referral/Procedures	
	<b>CLINICAL REHAB</b>	Individually prescribed exercise performed on Pilates & Gym equipment. Ideal for recovery from injury or sport specific rehabilitation.	Altona Meadows Ascot Vale Hoppers Crossing Point Cook Port Melbourne Taylors Lakes	Our Physiotherapists individually assess you and write a program based on your needs
	<b>CLINICAL EXERCISE CLASSES</b>	Classes ideal for those wanting a more strenuous workout as part of their rehab and who do not have any significant injury restrictions.	Williamstown	NIL
	<b>HYDROTHERAPY</b>	Small group classes in specialised hydrotherapy pool (36 degrees). Exercises are supervised by a Physiotherapist in the water.	Altona Meadows Altona North Ascot Vale Hoppers Crossing Taylors Lakes	Physiotherapy land based assessment performed prior to beginning classes.
	<b>GLA:D</b>	An education and exercise program developed by researchers in Denmark. Designed for people with hip and knee osteoarthritis symptoms. Led by a specially trained GLA:D physiotherapist.	Hoppers Crossing Taylors Lakes Williamstown	Assessment by GLA:D trained physiotherapist.
	<b>FALLS AND BALANCE</b>	Classes designed to assist in leg strengthening and balance re-training exercises to assist in falls prevention.	Port Melbourne	NIL
	<b>PRE &amp; POST-NATAL CLINICAL REHAB</b>	Led by female physiotherapists and tailored to meet the needs of each individual participant according to what stage they are in prior to or post-delivery of bubs.	Hoppers Crossing	Individual assessment and questionnaire to determine suitability and create a program tailored to you.