








Class Description	Description	Locations	Referral/Procedures
	<p><b>CLINICAL REHAB</b></p> <p>Individually prescribed exercise using Pilates and gym equipment. Ideal for injury recovery, sport-specific rehabilitation and improving strength, mobility and control.</p>	<p>Altona Meadows Ascot Vale Deer Park Hoppers Crossing Point Cook Port Melbourne</p>	<p>Our Physiotherapists individually assess and write a program based on your needs.</p>
	<p><b>CLINICAL EXERCISE CLASSES</b></p> <p>Classes ideal for those wanting a more strenuous workout as part of their rehab and who do not have any significant injury restrictions.</p>	<p>Williamstown</p>	<p>NIL</p>
	<p><b>HYDROTHERAPY</b></p> <p>Small group classes in warm hydrotherapy pool. Exercises are supervised by a Physiotherapist in the water.</p>	<p>Altona Meadows Altona North Ascot Vale Hoppers Crossing Taylors Lakes</p>	<p>Physiotherapy land based assessment performed prior to beginning classes.</p>
	<p><b>GLA:D</b></p> <p>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.</p>	<p>Hoppers Crossing Taylors Lakes Williamstown</p>	<p>Assessment by GLA:D trained physiotherapist.</p>
	<p><b>ONERO™ PROGRAM</b></p> <p>Supervised strength and resistance training program designed for people with osteopenia or osteoporosis. Exercises are tailored and progressed to support bone health, strength, balance and confidence.</p>	<p>Port Melbourne</p>	<p>Physiotherapy assessment required prior to commencing to determine suitability and guide program setup.</p>
	<p><b>FALLS AND BALANCE</b></p> <p>Classes focused on leg strength, balance retraining and falls prevention strategies to improve confidence with everyday movement.</p>	<p>Altona Meadows Altona North Hoppers Crossing Port Melbourne Taylors Lakes</p>	<p>NIL</p>
	<p><b>PRE &amp; POST-NATAL CLINICAL REHAB</b></p> <p>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.</p>	<p>Hoppers Crossing</p>	<p>Individual assessment and questionnaire to determine suitability and create a program tailored to you.</p>

Cost: Please refer to relevant clinic for individual costings.