

EXERCISE REHABILITATION and group exercise classes



Physiowest provides group exercises classes implemented and supervised by physiotherapists for rehabilitation from a wide range of injuries.

Physiowest has an onsite gym with a range of equipment such as Pilates spring loaded reformers, trapezius table, free weights, treadmill, bikes and other equipment for exercise programs focusing on strengthening and increasing stability through your core and postural muscle groups which support your spine and joints.

For further information, book an appointment or for our group class timetable

Phone: 03 9363 0611

94 Station Road, Deer Park
Email: deerpark@physiowest.com.au
physiowest.com.au



Our gym equipment allows for progressive musculoskeletal loading, movement control, balance and proprioception all within your level of ability.

Our physiotherapists will conduct a detailed assessment which incorporates accurate diagnosis and movement analysis to design an individualised exercise program to achieve each person's individual goals. Your exercise program is then guided, reviewed and progressed by our physiotherapists to ensure you are on track to achieve your goals..

Physiotherapist supervised group classes are offered with a maximum of 5 people in one class, with each person completing their individually prescribed exercise program.

Our physiotherapists keep up-to-date with the latest research on injury management and rehabilitation through exercise. We pride ourselves in getting you back to your normal function and chosen activity as soon as possible.