

Core | Balance | Posture Rehabilitation

	Monday	Tuesday	Wednesday	Thursday	Friday
9am		Level A	Level B		Yoga
10am	Level B			Level A	
11am			Post Natal		
6pm	Pre Natal				

The Pain Slayer method combines Core Strength and Balance which is essential for the successful rehabilitation of any injury and to improve overall posture and strength for other pain related musculoskeletal conditions.

Our classes are based on Pilates principles but have been designed by our expert Therapists to target the elimination of Pain at the same time as strengthening and rehabilitating the entire body. A whole body approach has been found to keep pain away and get you back to your favourite activities sooner.

Exercises are carefully suited to the individual to ensure safety for those suffering back and neck pain.

Our different levels are not related to difficulty but the type of rehabilitation required.

Level A: Core, Balance and Posture Rehab for seniors

Level B: Core, Balance and Posture Rehab for Back/Neck and Muscle/Joint related conditions

Level C: Core, Balance and Posture Rehab for Sports/Musculoskeletal/Postural conditions
– Class time TBA

Yoga: Physiotherapist run gentle yoga classes to enhance your movement and rehabilitation

Classes - \$45 / Pensioner - \$37 – / Yoga \$35 / Health fund rebates available
6 Week Pass (max 2 classes/week)/4 week pass (max 3 classes/week) - \$240

Bookings essential – Call Graceville Physiotherapy on 3278 1186