



## **aquasports physiotherapy**

Attaining the lifestyle you desire is achievable.  
We specialise in movement correction, strength  
and postural stability.

**Ride that race**

**Keep ahead of those kids and grandkids**

**Run that marathon**

**Climb that mountain**

**Keep surfing till you drop**

**Keep skiing/ boarding well after they give you that free pass**

Live a healthy lifestyle that is full of adventure.  
We will get you there by providing the following.

- **Excellent rehab environment and equipment including Pilates, Gym and Pool facilities.**
- **Specialist experienced care to match your individual rehab goals.**
- **Personalised friendly service.**