

# Shoulder and Neck Strength & Conditioning

An evidenced based exercise intervention delivered by an experienced Exercise Physiologist that enables you to rehabilitate, strengthen and stabilise your neck, shoulders and spine. We:

- Collaborate with your physiotherapist to ensure quality care
- Prescribe safe and effective exercises to enable you to reach your full potential
- Provide you with an individualised program
- Enable you to improve your neck & shoulder function and performance



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