

Perfect Posture

An evidence based exercise intervention delivered by an experienced Exercise Physiologist that enables you to improve your posture, correct muscle imbalances, reduce pain, relieve muscle tension and sustain your body for life. 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 make better decisions and improve your quality of life



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