

# RESTORATIVE PHYSIOTHERAPY AND YOGA

## Working together *to get you active and strong*

At Victorian Lymphoedema Practice, we offer specific physiotherapy and yoga classes with a focus on restoring function. Programs are designed to meet the needs of individual participants in a safe and inclusive environment to facilitate maximum participation.

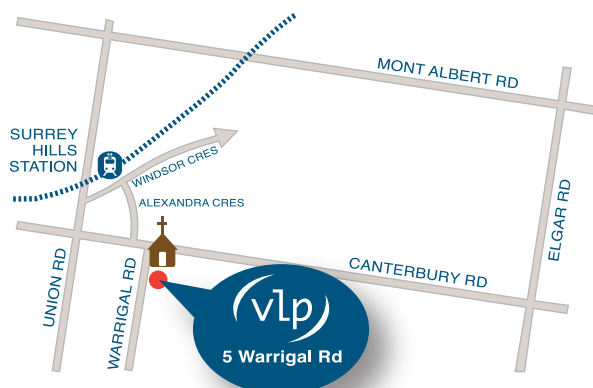
Our programs involve an initial assessment to establish goals.

### Group and individual exercise classes

We offer both single classes as well as 5 session courses for individuals and small groups to assist with:

- Cancer rehabilitation through exercises to increase energy, strength and fitness and assist the return to function
- Osteoporosis and balance with weight bearing exercises focused on strength and mobility
- Safe and progressive exercises for those with lymphoedema
- Individual fitness and strengthening
- Meditation and relaxation techniques

Classes are eligible for private health rebate



5 Warrigal Road Surrey Hills  
Melways Reference 46 J11

**Bookings and enquiries**  
**ph [03] 9899 9720**