

# Our Services

## Therapeutic Exercise Prescription



Our physiotherapists will develop a personalized exercise program specifically designed to assist in the rehabilitation of your injury.

These exercises will be demonstrated and observed in the clinic setting to ensure you can perform them with proper form and technique.

You will also be provided with a print-out of your exercise program.

Performing your home exercise program is an essential component of your rehabilitation program, allowing you to play an active role in your rehabilitation independently between physiotherapy sessions.