

# PHYSIOTHERAPY THE BENEFITS!



## ELIMINATES / REDUCES PAIN

Many patients benefit from therapeutic techniques and modalities to reduce / relieve pain.



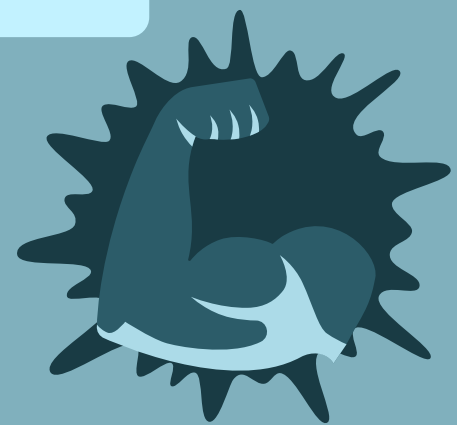
## HELPS IN AVOIDING SURGERY

Physiotherapy can help manage / reduce an injury or help pre and post surgery.



## IMPROVES STRENGTH

Physiotherapy helps overall strength and co-ordination of the body.



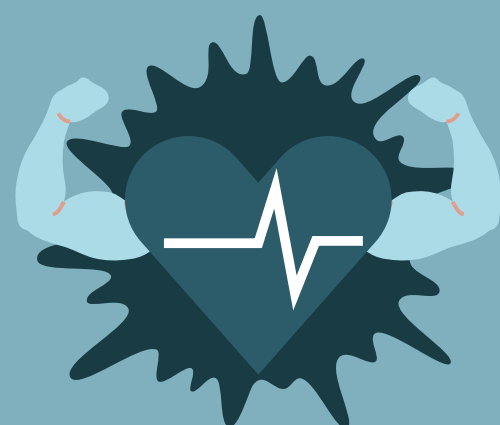
## REDUCES MEDICATION DEPENDENCY

Physiotherapy can help patients cope with certain symptoms & conditions & in some cases, lead to a reduced reliance on pain medication.



## BOOSTS CARDIOVASCULAR FUNCTION

Physiotherapy can help improve cardiovascular fitness by providing a structured exercise program tailored to your individual needs and fitness level.



## MANAGING & PREVENTING INJURIES

Physiotherapy works on enhancing physical performance, optimizing biomechanics, and addressing potential risk factors.

