

Cranbourne Physio presents

REDCORD

Works
for
every body



REDCORD ARRIVES IN AUSTRALIA

After 20 years research in Norway, Redcord has arrived on our shores.

Cranbourne Physio is proud to be one of the first clinics in the nation to offer Redcord training to you.

For decades the Scandinavians have had an edge over the rest of the world in rehabilitation and elite sports training with their refinement of suspension training in slings. Now Australians can benefit from the Norwegian research.

At Cranbourne Physio, therapists have studied, imported and trialled the Redcord equipment and exercises with thrilling feedback: "It's like Pilates on steroids".



Testing a patient's movement patterns with Redcord equipment now offers the physiotherapist a flexible tool to identify and retrain functional muscle imbalances that may be present due to poor neural activation or pain.

Stimulating quiet muscles on the equipment can quickly improve painful functional movements by restoring normal neuromuscular activation. Research has proven neuromuscular stimulation remarkably effective in rehabilitating injuries - even chronic ones.

Redcord for injury rehabilitation, strength training and elite athletic performance.

Many elite sports teams and athletes like Cadel Evans are using Redcord to train efficient and balanced muscle action. For injury prevention, strengthening and a winning performance edge.



Individual Session rates

30 minutes	\$75
60 minutes	\$140

*Redcord Sessions with a Physiotherapist attract *health fund rebates*.

To book an appointment call
Cranbourne Physio
5996 1688