

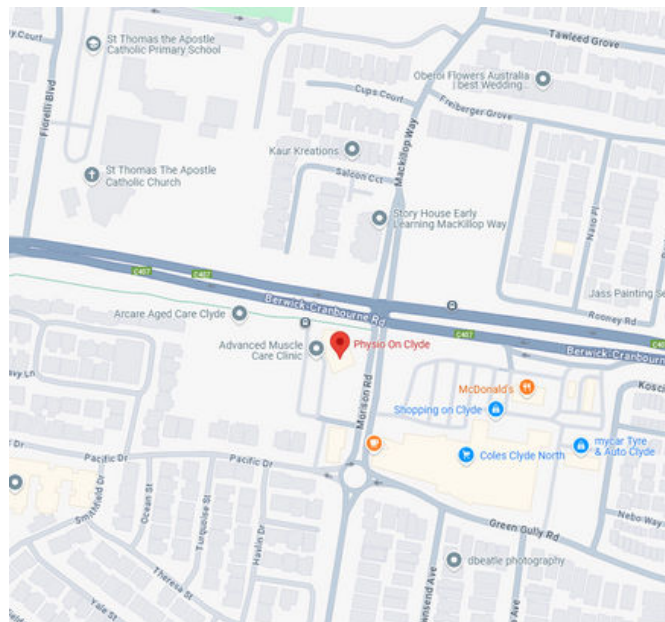
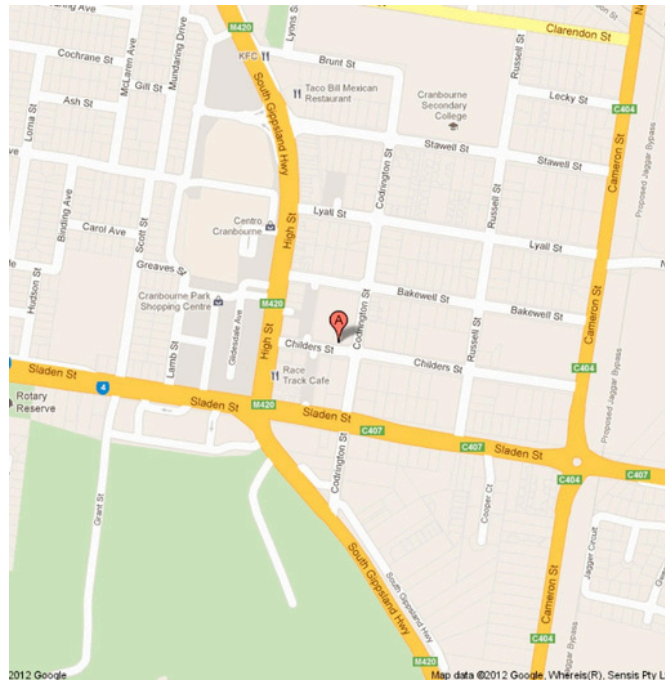


## What are the Benefits?

Redcord can:

- prevent injuries
- help relieve pain
- mobilize joints
- strengthen muscles
- restore correct movement patterns
- develop balance and coordination
- improve general fitness
- specifically enhance sports performance
- promote relaxation

Our Physiotherapists combine their expertise in movement and functional restoration with exercise on the world-famous Redcord equipment to help you achieve your health goals.





### What is Redcord?

Decades of research have refined suspension training to benefit literally every body. Redcord is the Norwegian company that developed the equipment and techniques which provide the link between injury, health and optimal fitness.

Training with Redcord equipment under your physio can safely rehabilitate injuries, improve dynamic health and specifically optimize elite sports performance.

### How does it Work?

Redcord suspension exercises utilize body weight as resistance, in a closed kinetic chain. The exercises are multi-segment, three-dimensional and always involve underlying core control. Just like in real life.

This type of training enhances dynamic joint stability and muscle co-activation by stimulating the neuromuscular system.

Exercises are individually tailored, progressive and are often able to produce immediate improvements by re-training weak links in functional movements.

### What conditions will benefit from Record?

- Whiplash
- Back Pain
- Sports Injuries
- Chronic injuries Balance/Coordination Problems Shoulder and Arm Injuries
- Hip and Leg Injuries
- Osteoarthritis & Fibromyalgia
- Weakness
- Poor Core Control
- Rehabilitation following fractures, joint replacement surgery, tendon repair and reconstructions
- Fitness Enthusiast
- Athlete requiring performance specific training



### How do I Start?

Book in for a Redcord assessment with one of our experienced physiotherapists at Cranbourne Physio or Physio on Clyde. The consultation will incorporate individual testing of weak links on the Redcord equipment and the commencement of a training program specific to your needs.

### Where?

All you need is at:

#### **Cranbourne Physiotherapy**

13 Childers Street Cranbourne, 3977

P: 03 5996 1688

#### **Physio on Clyde**

1s Morison Road Clyde, 3978

P: 03 5911 5155

### When?

Individual sessions are available by appointment five days a week.

### Cost?

<b>30 mins</b>	<b>\$85</b>
<b>60 mins</b>	<b>\$160</b>

Rebatable with Private Health Funds,

