

MUVE

PHYSIOTHERAPY

PRIVATE EXERCISE PHYSIOLOGY

MUVE STUDIO

(LOCATED IN ELITE TRAINING STUDIO, STRATHALBYN):

STANDARD 40MINS \$110 | LONG 60 MINS \$145

- ➔ Personalised Exercise Programs: Recovery, strength, mobility
- ➔ Chronic Condition Management:
Diabetes, osteoporosis, cardiovascular, arthritis, chronic pain
- ➔ Injury rehabilitation: Exercise based
- ➔ Strength & conditioning: Functional strength, endurance, & control
- ➔ Mental health Support: Boosting confidence & energy
- ➔ Education & lifestyle advice: Safe & effective exercise prescription

HICAPS machine for EFT & private health rebate:
102 & 202.

CANCELLATION FEE \$55 (< 24 hours notice)



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<https://muvephysio.com.au>



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