

ENHANCED PHYSIOTHERAPY PROGRAM



Are you seeing the full potential of and progressing your exercises?

Do you want to ensure that you are doing your exercises correctly?

Do you have the necessary exercise equipment at home?

Do you need extra accountability/motivation to keep your exercises on track?



View our Specialized Exercise Webpage to find a location near you offering this service. Scan this code with your phone camera or visit us at eramosaphysio.com



SEE THE FULL POTENTIAL & PROGRESSION OF YOUR EXERCISES!



SHOULDER PHYSIO



KNEE PHYSIO



BACK PHYSIO



PELVIC PHYSIO

The Enhanced Physiotherapy Program offered at EPA is a program offered to current physiotherapy clients who their Physiotherapist feels would benefit from a supervised, dedicated exercise session to enhance their progress. It is a guided 1 on 1 exercise session with a Clinician specializing in exercise, supervised by your Physiotherapist. The frequency and duration of these sessions are individualized to the needs of each client as recommended by their Physiotherapist, and can range typically from 20-40 min of time additional to their regular physiotherapy session.

Call us today to book your Enhanced Physiotherapy appointment!