



CLUB ACTIVE®  
Change the way you age

## TO HELP ME REACH DESIRED HEALTH OUTCOMES MY PHYSIOTHERAPIST TAKES INTO CONSIDERATION:



Support network



Motivation level



Age & Gender



My goals



My routine & schedule



Physical capacity



Flexibility & mobility



Cognition & Nervous  
System capacity



My current emotions



Prescribed medication



Vision & Hearing



Mobility aids



Pain levels  
& Injury



Communication &  
comprehension

### WHAT IS A PHYSIOTHERAPIST?

Physiotherapists are experts in the structure of the human body and its movement. Physiotherapists specialise in the diagnosis and management of a broad range of conditions impacting bones, muscles, nerves, and other body systems. Club Active Physiotherapists provide personalised treatment plans to aid recovery from health conditions and injuries sustained as a result of surgery, illness, ageing, or disability. **Book in with a Club Active allied health professional now and #ChangeTheWayYouAge.**