

OSTEOGYM CLASS

SportsMed Subiaco offers a specialised exercise class for those concerned with bone health, have low bone density or have been diagnosed with osteoporosis.



INFORMATION

The osteogym class combines weight bearing exercises, balance tasks and postural strengthening activities to build bone mass, develop good muscle strength and improve balance.

The aim of the osteogym is to provide the individual with a safe, progressive program in a relaxed and enjoyable group setting using our rehabilitation gymnasium.

A comprehensive assessment is carried out by one of our physiotherapists and any special needs are highlighted and incorporated into the class for you.

The classes run twice a week. If you are interested in attending the osteogym, call SportsMed today.



SPORTSMED
SUBIACO

EXCELLENCE IN DIAGNOSIS & MANAGEMENT

SESSION TIMES

Mondays**	60 minutes 9:30am-10:30am
Fridays**	60 minutes 9:30am-10:30am

**Bookings are recommended for all classes.
Maximum number of participants permitted is 10 per class

CONTACT DETAILS

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