



Orthogym

Class

Important Information

Sportsmed offers a specialised exercise class for those who have undergone a hip, knee or ankle joint replacement.

This class is specifically designed for patients who have undergone hip, knee or ankle joint replacement surgery. Suitability to attend this class will depend on the surgeon's protocol, nature of the surgery, and postoperative time frame.

Prior to attending the exercise class, a comprehensive assessment is carried out by an orthopaedic physiotherapist to ensure the training program is appropriate for their stage of post op recovery. The physiotherapist will also educate each patient on the use of equipment to be used.

The orthogym class incorporates the use of a pilates reformer, exercise bike and appropriate gym equipment. It includes functional exercise and core strengthening activities, to improve joint stability, balance, range of movement and strength. Approximately 6-8 people attend each session, exercising individually as part of a tailored circuit program.

If you are interested in attending Orthogym call Sportsmed for an initial assessment and personalised program.

Ask at reception or call today on [08 9382 9600](tel:0893829600)

Classes

Monday	7am-8am
Friday	5pm-6pm

