

EXERCISE REHABILITATION

Our expert team of Exercise Physiologists are here to help you reduce your pain, improve your physical function, and accelerate your recovery in a friendly and caring environment. Our experience and commitment to ongoing research ensures you receive expert care, combined with extended appointment times to ensure you receive the care and treatment you deserve.

Exercise Physiology utilises varying forms of clinical exercise as medicine to promote healing in injured tissues, reduce pain in your joints or muscles and improve your physical function after injury or orthopaedic surgery.



EXERCISE PHYSIOLOGY
PHYSIOTHERAPY
REMEDIAL MASSAGE

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**Enhancing lives
through exercise**



EXERCISE PHYSIOLOGY
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STRENGTH FOR LIFE

With age, our muscles reduce in size and strength, and our bones change structure, lose tissue and become weaker. These physical changes increase risk of bone fracture and make your activities of daily living harder to complete. Exercise can prevent or reverse many age-related changes to muscles, bones and joints.

Our active ageing exercise classes enable you to exercise in a safe environment with a specially designed program just for you. Each session is supervised by an Accredited Exercise Physiologist and will incorporate resistance and strength training, balance, flexibility and core strengthening exercises. Ask your health fund about cover for exercise physiology sessions and/or the Strength for Life Program.



HEART HEALTH & DIABETES

Our cardiac program is a supervised exercise program for people who have experienced a cardiac event, live with a known cardiac condition, have diabetes, or have one or more 'cardiac risk factors: including obesity, hypertension, high cholesterol or a history of smoking. Someone who has had a "heart scare," or who is told their heart is at risk, are often fearful of exercising. This is quite normal, but sadly stops many from doing the exact thing that could help reduce their risk and lead a full and active life.

The program is offered three times per week and involves a combination of aerobic and resistance training. You'll be assessed before and after each exercise session and closely monitored throughout by our Accredited Exercise Physiologist.



CANCER RECOVERY

HFRC is a recognised provider of the WA Cancer Council Life Now Exercise® program for people diagnosed with cancer. Exercise helps reduce fatigue, improves muscle mass, bone density and physical function, and enhances general wellbeing and quality of life for those living with cancer.

The exercise program supervised by our Accredited Exercise Physiologist includes strength training for the upper and lower body, balance and core training. You'll also undertake aerobic exercise to improve cardiovascular fitness and maintain healthy body composition.

Exercise is one of the recommended ways to help your body recover after cancer treatment, prevent secondary occurrences, boost the immune system and increase energy levels

