



gerringong & kiama
physiotherapy



Physio S & C

Strength and Conditioning is an umbrella term. Under this umbrella fits a range of training modalities including high level balance and stability training, tendon conditioning, muscle training and end stage rehabilitation.



S&C promotes adaptations within the body to optimise function and performance in the context of your particular sport or activity.



All programs are designed to suit your individual needs and health and performance goals.



Build greater resilience to injury and achieve lasting results with your rehabilitation following injury or surgery



Physio S&C can help you reach your health, fitness and performance goals ranging from lifestyle and recreation, through to elite sport and end stage rehabilitation.

Class numbers are limited to 4 to allow maximum attention and guidance