



Mark & Joko

Health Management Clinic

PHYSIOTHERAPY

Includes musculoskeletal screening for scoliosis, limp length differences, bow leg, knock knees and flat feet; rehabilitation for any musculoskeletal, sports, spinal, cardiopulmonary and neurological conditions.



PERSONAL / GROUP TRAINING

Undivided attention on individual/small group specific training needs is most effective to improve sports performance and achieve fitness goals.



SPORTS MASSAGE

Soft and deep tissue therapy for the treatment of skeletal muscle immobility and pain. Very beneficial in managing growing pain in children or teens during puberty. The muscles tend to become tight due to a faster rate of bone growth. The therapy relaxes contracted muscles, improves blood and lymphatic circulation, and stimulates the stretch reflex in muscles.



PILATES & REHABILITATION

Combine the benefits of Classical and Clinical Pilates to achieve best results in muscle coordination, body toning, managing pain and improving fitness.



OTHER SERVICES: Strength & Conditioning
Weight Management
Chronic Pain Management
Pre and Post Natal Care

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