



Empower Physiotherapy Centre

綽力物理治療中心

Exercise rehabilitation/Functional training

Our centre provides different type of classes which is “one-on-one” and small group (2-4 people) training.

Before attending class, every participant can be offered a free assessment providing from registered physiotherapist.



Content of Classes:

Exercise rehabilitation and functional exercise training

We offer training classes for the following clients:

- Ante-Natal & Post-Natal Care
- Post-orthopedic surgery rehabilitation
- Acute sports injuries
- Overuse/Degenerative changes
- Fitness training
- On-field physiotherapy
- Weight control
- Professional athletes



Pilates

Pilates is an effective exercise to improve muscle imbalance, treat postural problems and spinal disorder.

Through Pilates training, “core muscle” is trained. This helps to relieve the low back pain and increase spinal stability and thus prevent the recurrent injury.

Through regular training, your posture can be corrected and look better.

Advantage of training “core” stability

- Postural correction
- Increase flexibility
- Pelvic Floor retraining
- Managing lumbo-pelvic related pain



- Pregnancy related musculoskeletal issues
- Prevent back pain
- Enhance sports performance
- Injury management & prevention

Vibration Therapy

Vibration training involves performing exercises on an unstable platform. It activates up to 95 percent of the fibers in a muscle, muscle group or whole body compared to 40-60 percent of fibers activated during traditional resistance training.

Researches show that vibration therapy can enhance bone density and effective training for strengthening.

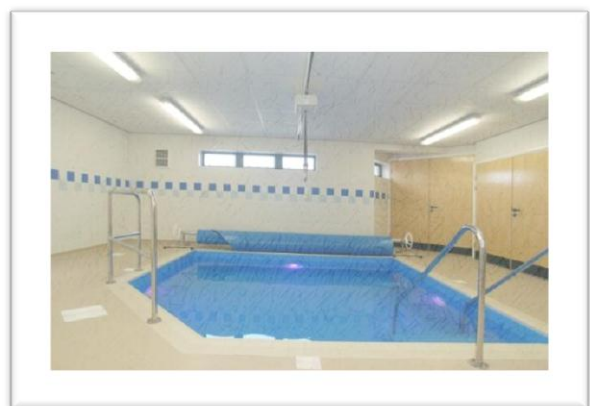


Clients who benefit from vibration therapy

- Stroke Rehabilitation
- Osteoporosis
- Osteoarthritis/ rheumatoid
- Back pain
- Pelvic instability
- Sports Performance Enhancement

Hydrotherapy

Following a clinical assessment appropriate clients can undertake a small group hydrotherapy sessions. This incorporates general fitness, joint mobilization, trunk stabilization and strengthening.



Clients who benefit from hydrotherapy

- Following orthopedic rehabilitation
- Elderly requiring a gentle, non-compressive form of exercise
- Serve sports injuries- where land based exercise is not appropriate

