

Classes Facebook post

Post 1

Great News!! Our classes are back and better than ever!

Platinum Physiotherapy are reintroducing our Diabetes, Osteoarthritis and Falls Prevention classes commencing November 2021 and we have a number of sessions running each week.

Diabetes education and exercise class – Learn how diet and exercise can help lower your blood sugar over an 8 week programme. Medicare will even cover the cost of the sessions with a diabetes referral from your GP!!

Osteoarthritis exercise group – Combined education and exercise sessions focusing on strengthening to help reduce pain and improve function. Medicare will cover a number of sessions with a care plan from your GP.

Falls Prevention exercise class – participate in strength and balance training to reduce the risk of falls

Call Platinum Physiotherapy to find out which session suits you best and book in!!!

Exercise is medicine! Exercise saves lives!

Post 2

Osteoarthritis exercise group.

It has been shown that a specific targeted exercise programme can:

- reduce pain and increase movement of those with osteoarthritis
- improve recovery rate after joint surgery
- help manage chronic pain
- improve mobility and therefore function

Weight loss via exercise can also help as losing 5kg in bodyweight reduces the amount of pressure on your knees by up to 4 times. This can dramatically help your joints feel better!

Call Platinum Physiotherapy to discuss our timetable and book in!!!

Exercise is medicine!

Post 3.

Diabetes education and exercise class

Regular exercise helps you manage and live with Diabetes.

Exercise improves Blood Sugar Levels in both the short and long term, as well as improve with other health conditions. The more physically active you are, the greater the health benefits will be.

Resistance exercise reduces blood sugar more than aerobic exercise as the muscles can burn up blood sugar for energy.

Research has also shown that people with type 2 diabetes who reduce their blood sugar level by 1% are:

- 19% less likely to suffer cataracts
- 16% less likely to suffer heart failure
- 43% less likely to suffer amputation or death due to peripheral vascular disease

Want to find out more and make a start on controlling blood sugar with exercise?

Call Platinum Physiotherapy to book in!!!

Post 4.

Falls Prevention exercise class

Every year, one in every three people over the age of 65 fall and as a person ages the risk of falling becomes even greater.

The majority of hospitalisations for older people are due to falls.

Exercises that focus on balance and strength training can reduce the risk of falling.

It is recommended that exercise programs are designed or delivered by a trained professional, such as a physiotherapist or exercise physiologist. This will ensure the exercises are challenging yet safe for older adults to do. Our sessions will also include some education on practical ways to prevent falling.

We have a few spots available in our classes to start right away!

Call Platinum Physiotherapy to book in!!