



## ONE REHABILITATION SERVICE

# EXERCISE PHYSIOLOGY

Do you want to be fitter,  
stronger and healthier? Are you  
wanting to get back into exercise  
but don't know where to start?

At ONE Rehabilitation Service,  
our Exercise Physiologists can  
create an exercise plan that  
works for you and can help you  
get back to exercising  
independently.



# ONE

REHABILITATION  
SERVICE



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65 Anzac Highway  
Ashford SA 5035



# OUR APPROACH

We work with people aged over 16 who have been impacted by an Acquired Brain Injury, Stroke, Concussion or Neurological condition.

Our exercise physiologists use the latest exercise interventions to help you improve your strength, fitness, and mobility. We can also help to:

- Improve muscle strength and endurance
- Increase confidence with exercise
- Improve balance and coordination
- Improve mood and wellbeing

Exercise can also help lower your risk of heart disease, diabetes and improve your general health.

Regardless of how long ago you were diagnosed or experienced your injury, if you are finding it difficult to move and participate in activities that you enjoy, our exercise physiologists are here to help you.

We provide our service from our clinic based in Ashford, your home, or out in the community - we can come to you.



**We believe that  
exercise is for  
everyone.**



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