I really appreciate the “family” atmosphere and the emphasis on total well-being. Too many physio practices are factories.

I always appreciate being able to ask lots of questions to understand more about my body and being able to try a variety of exercises with a patient instructor.

* Anonymous patient feedback from our 2013 Patient Satisfaction Survey.
**What is the benefit?**

Stretchersize is an exercise program designed by a physiotherapist and modified to your body’s ability.

With a maximum of 5 people per class, you get individual attention and training.

The physiotherapist instructor will ensure you are moving correctly for maximum benefit.

Stretchersize is ideal as a gym substitute or in conjunction with a gym-based program.

Stretchersize is suitable for all ages and fitness levels.

**Program Details**

- Stretchersize is booked 5 sessions at a time over a period of up to 10 weeks
- Classes run for 45 minutes
- 5 Stretchersize sessions cost $125 (less any insurance rebate)
- Strictly 24 hours notice for any cancellations
- No GP referral is required.
- Unfortunately, we are unable to offer any concession rates for this program.

Stretchersize is ideal for improving:
- general fitness
- flexibility
- mobility
- balance
- strength

Stretchersize is suitable for pre-surgery preparation and post-surgery rehabilitation.

Pre-natal and post-natal patients may also benefit from the program.

![Stretchersize Image](image-url)