



**ONE  
REHABILITATION  
SERVICE**

# PHYSIOTHERAPY

Do you have trouble getting out of bed, walking around your home or in the community?

At ONE Rehabilitation Service, Physiotherapy can assist you to regain your mobility and improve your physical function.



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SERVICE



08 7226 3223  
0423 423 440



admin@onerehabilitationsservice.com.au  
www.onerehabilitationsservice.com.au



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.

We use the latest technology and research to ensure that you have access to the best resources to facilitate your journey.

Our physiotherapists can assist clients with:

- Transfers and walking
- Balance and coordination
- Muscle strength and endurance
- Dizziness, blurred vision and headaches
- Pain and fatigue management

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 physiotherapists are here to help you.

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



**Physiotherapy can help you get back to moving the way you want.**



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