

Rehabilitation Services

- Post acute and end stage exercise rehabilitation for any biomechanical or musculoskeletal dysfunction. The goal is to get the client to a level of functional movement as determined by their working/sporting environment.
- Specialized exercise for spine care.
- Assessment and correction of posture, muscle imbalance, core stability and movement patterns.

Conditions that I have had experience in working with include:

- Degenerative disc/joint disease
- Spondylolysis and Spondylolisthesis
- Sacroiliac instability
- Pelvic instability
- Poor hip/back dissociation
- Hip, knee and ankle instability
- Lumbar lordosis, thoracic kyphosis, forward head posture,
- Abdominal wall dysfunction
- Movement pattern dysfunction

(The above services are applied in conjunction with other appropriate health professionals)

Call Robert Collier now and receive 50% off an introductory assessment

027-223-5039