

MAFFRA MOTION GROUP

The Maffra Motion Group is a program designed for people in the community who suffer from chronic or sub-acute thoracic, lower back or pelvic girdle pain.

AIMS:

- Improve core and lower body strength
- Increase spinal mobility and pelvic stability
- Pain management education

THE PROGRAM INCLUDES:

Assessment:

A Physiotherapist will conduct an individual assessment prior to commencing the group to determine safety and appropriateness of exercise.

Group Exercise:

Under the supervision and guidance of Physiotherapist and an Allied Health Assistant, you will complete a group-based exercise program targeting strength and mobility.

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ABOUT THE PROGRAM:

- 6 week program
- Sessions held on Wednesday's 11:00-12:00pm
- The program is held in the Physiotherapy Department at the Maffra District Hospital

Cost for the program: This group is currently government-funded therefore attendees will incur no charges.

Contact: Physiotherapy Department **Tel:** (03) 5143 8560