



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



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.

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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