

For those with back, neck, shoulder and other pain conditions...

# REDUCE YOUR PAIN NOW

**Proven, medically prescribed and individual exercise based treatment that works**

Exercise is a main treatment for you to manage your pain. Become fit and strong to deal with your pain by strengthening the muscles, which reduces the pressure on your joints. You can prevent or reverse the effects of inactivity due to pain by:

- ✓ **Becoming more confident and independent**
- ✓ **Making activities of daily living easier**
- ✓ **Increasing the quality of your life**
- ✓ **Reducing joint pain and stiffness**
- ✓ **Having more energy and reducing fatigue**
- ✓ **Sleeping better and decreasing depression**

Even if you think you cannot exercise, we kindly ask you to consider a no obligation brief consultation with our Accredited Exercise Physiologist to explain how a relatively short program can be affordable, safe, effective and fun.

**FREE consult  
and exercise  
prescription**



**MED EX AUS**

*"We care about your quality of life"*

VICTORIA PARK

MURDOCH

BUNBURY



**It's time that you took action to take control of your pain and get your life back. CALL US NOW 1300 659 796**