

# Our Facilities

For information on all types of injuries visit:  
<http://www.cssphysio.com.au/forpatients.html>

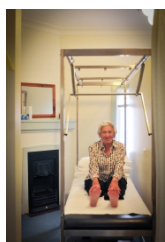


## Modern Rehabilitation Gym

Concord Sport & Spine Physiotherapy boasts a modern rehabilitation gym, specifically fitted out for the needs of our patients. Access is available to all clients. Exercises will either be supervised by the treating physiotherapist, or patients will follow their own prescribed programme. A supervised exercise programme forms an important part of the overall management of many of the conditions which we treat. These include sports injuries, back & neck pain, chronic conditions, and work related injuries.

Our gymnasium includes:

1. Pilates equipment: Reformer & trapezes table. This is used

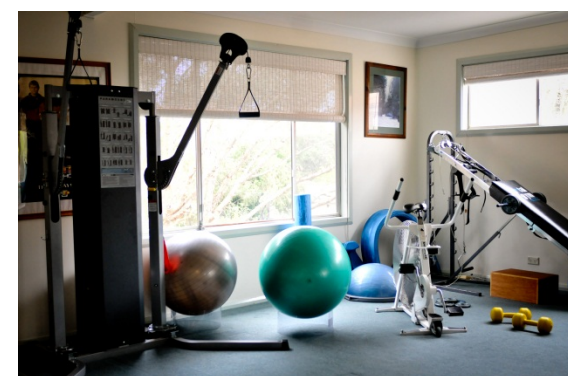
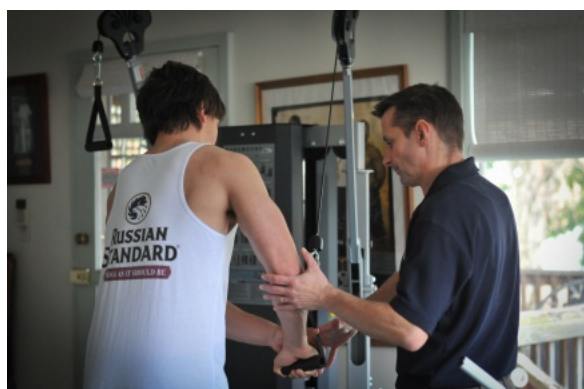


extensively in our rehab and for general exercise



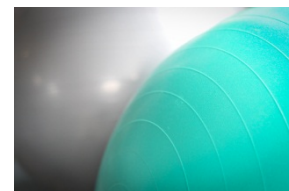
prescription. It provides an effective tool for functional core muscle training.

2. Modern cable weight training system. Our Paramount FT system offers a versatile method of providing functional training to all



parts of the body, and at all stages of recovery. It provides resisted concentric and eccentric loads from 5kg up to 70kg.

3. Swiss ball core strengthening. Swiss balls are used extensively, and provide a practical way for exercises to be progressed from our gym to a home based exercise programme.



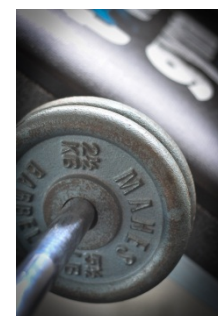
4. Proprioceptive training aids. Wobble boards, bosu, mini-trampolines, balance discs and



Theraband systems provide versatile and challenging aids to

proprioceptive and balance training drills.

5. Commercial Total Gym system. This simple but clever gym system from the



US can be adjusted to provide exercise to any part of the body. It uses the resistance of your own body weight, with the addition of weights and pulleys for greater challenge.

6. Treadmill. This is used to assist return to injury-free walking and running. We also use it extensively for biomechanical & video analysis of gait (walking and running style).



7. Exercise bike. Our bike is designed for ease of use by people with lower limb injuries. This is still one of the most important rehabilitation tools, because it allows reduced loading and straight line simplified movement when stability is lacking and joint pressure is a problem.



8. Free weights. These allow versatility for rehabilitation exercise drills and general strength training.



9. Profitter. This device was designed in Canada, originally for rehabilitation specifically for snow skiing. It also allows challenging leg training for all pivoting, running and jumping sports.



10. Whole body vibration therapy. This was originally designed as part of the Russian space programme, to help prevent calcium loss in bones. It is used to treat osteoporosis, circulation problems, and balance deficiencies. It assists with muscle relaxation for stretching & muscle activation for core strength training.



For information on all types of injuries visit:  
<http://www.cssphysio.com.au/forpatients.html>



Concord Sport & Spine Physiotherapy  
202 Concord Road  
Concord West, NSW 2138  
Sydney, Australia.  
Ph (02) 97361092

© Paul Monaro, CSSPhysio.