



# DEFEATING PAIN

Key things to know about Kinetic Rehabilitation and Exercise Physiology

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## Is Kinetic Rehabilitation the right treatment for you?

We explain your pain.

Ever wanted to know why you get pain where it is?

Do you know why you have better days than others?

Does your current treatment provider explain exactly what and why you have pain?

We treat the cause, not the symptoms.

Did you know that where you feel the pain is not necessarily what is causing the pain?

We fix the cause of the pain, not just the symptoms which means no monthly appointments.

We teach you to self-manage.  
No on-going appointments.

We will teach you that to do when the different symptoms come on. This will give you complete control over your pain, instead of it controlling you.



## Who we treat?

Currently available options

## Acute and Chronic Pain

We can help treat all acute and chronic injuries and pain.

If you are having ongoing appointments, we encourage to get a second opinion.



## Chronic Health Conditions

If you have been diagnosed with a chronic health condition (i.e. diabetes, cancer, heart or lung conditions) we will give you the most effective and easiest rehab that will fit into your day.



## Injury Treatment Delivered Differently

Our team of Exercise Physiologists are pushing the boundaries of what is possible with injury and chronic disease treatment.

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