

N E W

POWERPLATE – PRO 5

The benefits include:

- Increasing circulation
- Increasing sensory motor awareness
- Promoting bone density
- Balance/stability
- Improving joint range of motion
- Suitable for all levels of mobility including wheelchair users

Image result for power plate pro 5

Important - This machine can have profound effects on the body in a short space of time, therefore it must not be used before being assessed and inducted by the Physiotherapist.

Powerplate induction is separate to standard gym induction and will last 30 mins. Due to Tricia hours being different over the summer holidays, she has limited availability so please book in ASAP (she is working a longer day).

[Please fill out a feedback form whether it is negative or positive comments to allow us to evaluate its use]