

May 12 - Prehab for Prevention

Physiotherapists can help you even if you are not in pain and have no health conditions. Seeing a physiotherapist can help you prevent future injuries and illnesses. Those who are simply interested in building their physical strength and endurance or becoming better athletes should feel free to work with a physiotherapist.

<https://www.youtube.com/watch?v=e86mDnK1Rgk>

Prehab for Prevention



#PhysioCanHelp

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