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As the beautiful warm days starts to cool down and we move into our fall season, it is time to turn our thoughts to new routines that make us feel good. At Physiotherapy at Don Mills, my team and I have two very exciting announcements that will provide the entire family an opportunity to feel great.

We are proud to introduce OsteoDynamics:



The first program of its kind in North York for managing Arthritis & Osteoporosis. This unique program is offered over 12 weeks and includes education on prevention and management of Arthritis & Osteoporosis as well as group physiotherapy and nutritional consultation by a registered dietician.



Our bright and beautiful Exercise Studio is now open.

We are now offering the entire family, small group exercise classes including:

🌀 FIT OVER 50

Fit over 50 focuses on strength and flexibility training as well as balance and coordination and preventing falls.

🌀 OSTEO-FIT

Osteo-Fit focuses on strength and flexibility training, postural improvement, and minimizing fracture risks.

🌀 CORE STABILIZATION - LEVEL I

Core stabilization level I, focuses on mat and ball exercises for back pain sufferers and beginners.

🌀 CORE STABILIZATION - LEVEL II

Core stabilization level II and Pilates, focuses on more advanced core stabilization and Pilates.

🌀 YOGA

Yoga focuses on flexibility and meditation from beginner to advanced level.

🌀 EDUCATIONAL WORKSHOP

Educational workshops on topics of interest to our patients.

🌀 POSTURE PERFECT

Posture Perfect Teen focused on strengthening and postural exercises for children and teens starting in November 2010.

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🌀 DETAILS:

To sign up and for details and schedule Call Nella or Akane at 416-444-4800.

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